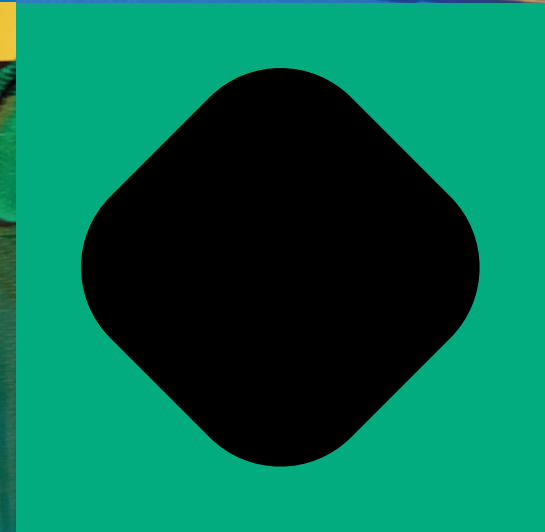
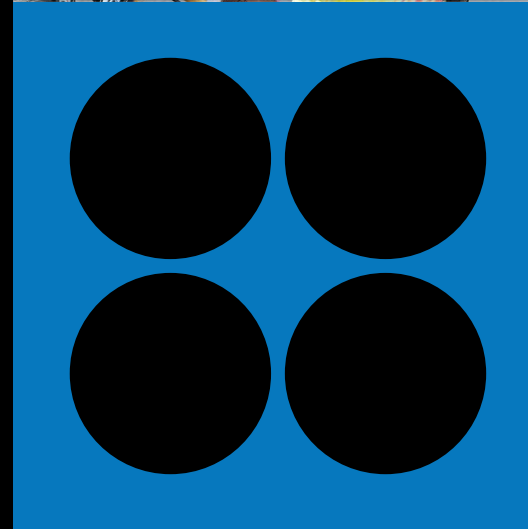
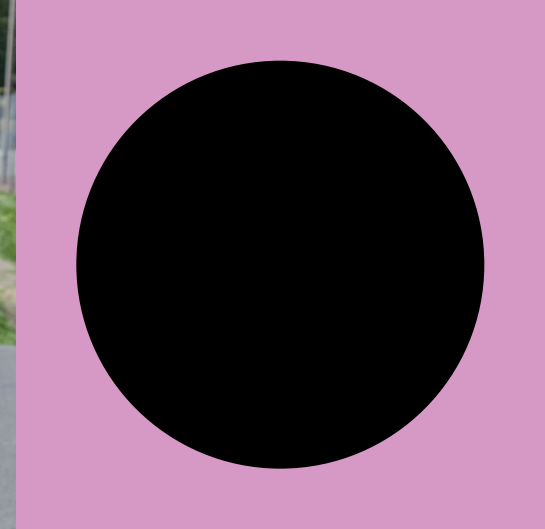


# Annual Review

2022 — 2023



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# Introduction

Introduction > Chair's foreword

# Transforming Young Lives



**This was an incredibly successful and important year for Access Sport. With more children and young people supported than ever before, our model continues to deliver a positive impact. We also launched our Stand for Inclusion strategy and refreshed our brand identity to more effectively communicate our vision, mission, and strategy. Through this renewed focus and clarity of purpose, we aim to grow our reach and deliver an even greater impact for our beneficiaries.**

Disabled and disadvantaged children and young people need our support now more than ever. The statistics show the negative impact of the cost of living on physical activity and participation. Mental health issues are increasing in young people and less than half of all children meet the Chief Medical Officer's activity guidelines.

To tackle these inequalities, we are on a mission to make inclusion the norm in community sport, delivering transformational benefits to our beneficiaries.

The ambitious plans laid out in our strategy are delivered by our incredibly experienced and highly valued staff team, Trustees and volunteers and our work is only possible thanks to our many supporters, funders and partner organisations. A huge thank you to them all.

We are now looking forward to continuing to scale up our vital work and expanding our programmes across more sports and locations over the coming years.



**Martin McPhee, Chair**

Introduction > Chief Executive's foreword

# Making Inclusion the Norm



I am so proud of the staff team, and everyone connected to Access Sport. This last year we launched our Stand for Inclusion strategy, a new brand identity and delivered our vital work to over 11,600 children and young people.

Delivering impact for our beneficiaries is at the heart of what we do, and this is measured across three main areas:

- Individuals - improving physical and mental health, life skills and life prospects
- Communities - creating a sense of belonging and stronger, more inclusive communities
- System Change - working to create a stronger sports system where inclusion is the norm.

You will find out more about how we do this later in this review, but none of this work would be possible without the support of our dedicated staff, volunteers, supporters, ambassadors, and

national partners including Sport England and National Governing Bodies. Equally important are our partnerships with London Marathon Foundation, Nuffield Health, and Columbia Threadneedle Investments, along with others who all passionately share and believe in our purpose. Continuing to grow this network of supporters is critical to our success.

Looking ahead, we will continue to deliver on our Stand for Inclusion strategy and pursue our ambitious growth targets. We remain as committed as ever to supporting disadvantaged and disabled children and young people across the UK to access the transformational benefits of inclusive community sport.



Helen Rowbotham, Chief Executive

Introduction > Youth Board foreword

# Putting Young People First



The success of the Access Sport Youth Board in the last year has been remarkable. As a group, we have brought fresh insights and innovative ideas to the table, contributing to the growth and relevance of Access Sport's initiatives.

After joining the Youth Board early this year, it has been great to see my work translate into tangible actions that positively influence young people. The Youth Board ensures that Access Sport maintains a youth-centric approach to its programmes and activities. As young individuals with diverse backgrounds, experiences and perspectives, we are able to provide valuable input on how to engage with young people effectively.

**As a collective, we hope to create real change that will benefit future generations.**

The Youth Board's engagement in various events over the year has been incredible. One of many examples is our trip to London to play wheelchair basketball with the London Titans. It was such a successful and unforgettable experience for us all.



**Gemma, Youth Board Member**

Introduction > About Access Sport

# About Access Sport



**Inclusive sport and physical activity is local, low cost, safe, accessible, fun and welcoming to all!**

## What is our vision?

No one should be excluded from the transformational benefits of community sport. The benefits we focus on are:

- Physical and mental health and well-being
- Personal development including life skills and prospects
- Sense of belonging
- Community engagement.

## What is our mission?

We make inclusion the norm by tackling the access barriers faced by disadvantaged and disabled young people, focussing on the causes of exclusion not just the symptoms.

## What makes us different?

**Deep expertise:** we have know-how and expertise to tackle the causes of exclusion not just the symptoms. We specialise in supporting disadvantaged communities and in disability inclusion.

**Network & influence:** we are highly respected leaders in our field and closely connected to other national sporting organisations.

**Total approach:** we work top down and bottom up, utilising on-the-ground insights to effect policy and system change nationally.



Introduction > The need for our work

# The Need for Our Work

As we move through 2023, over a quarter of young people live in poverty in the UK.

85% of parents and carers are concerned about the cost-of-living increases on their family<sup>1</sup> and we know that 58% of younger disabled people are already reducing how active they are due to the cost-of-living crisis<sup>2</sup>.

In the last three years, the likelihood of young people having a mental health problem has increased by 50%<sup>3</sup>.

Investment in and access to inclusive community sport (local, low cost, safe, accessible, and welcoming to all), and all the benefits it can deliver remain woefully low and the children and young people we support are amongst the worst affected, with less than half of all children and young people meeting the Chief Medical Officer's activity guidelines<sup>4</sup>.



Introduction &gt; What we do

# What We Do

## Our process...

1

We go into local/  
sporting communities

2

We create  
inclusive offers

3

We train, equip & support  
organisations, clubs  
& volunteers

4

We invite them to join  
our inclusive club network

5

We use our learnings  
to support system wide change

### Our Work

We train, equip and support community sports clubs, organisations and volunteers to provide inclusive sport and physical activity, unleashing their potential to transform the lives of underserved young people in their local communities.

This work is either place based (Changing Places) or sport focused (Changing Sports). All the clubs we support are invited to join our Inclusive Club Network. We then use the expertise gained through this work to effect System Change.

### Training

- Nationally endorsed disability inclusion, women/girls inclusion and young leader training
- Workshops and webinars.

### Supporting

- Advice, best practice and toolkits
- Networking, connecting and outreach Volunteer development
- Inclusive Club Network.

### Equipping/resourcing

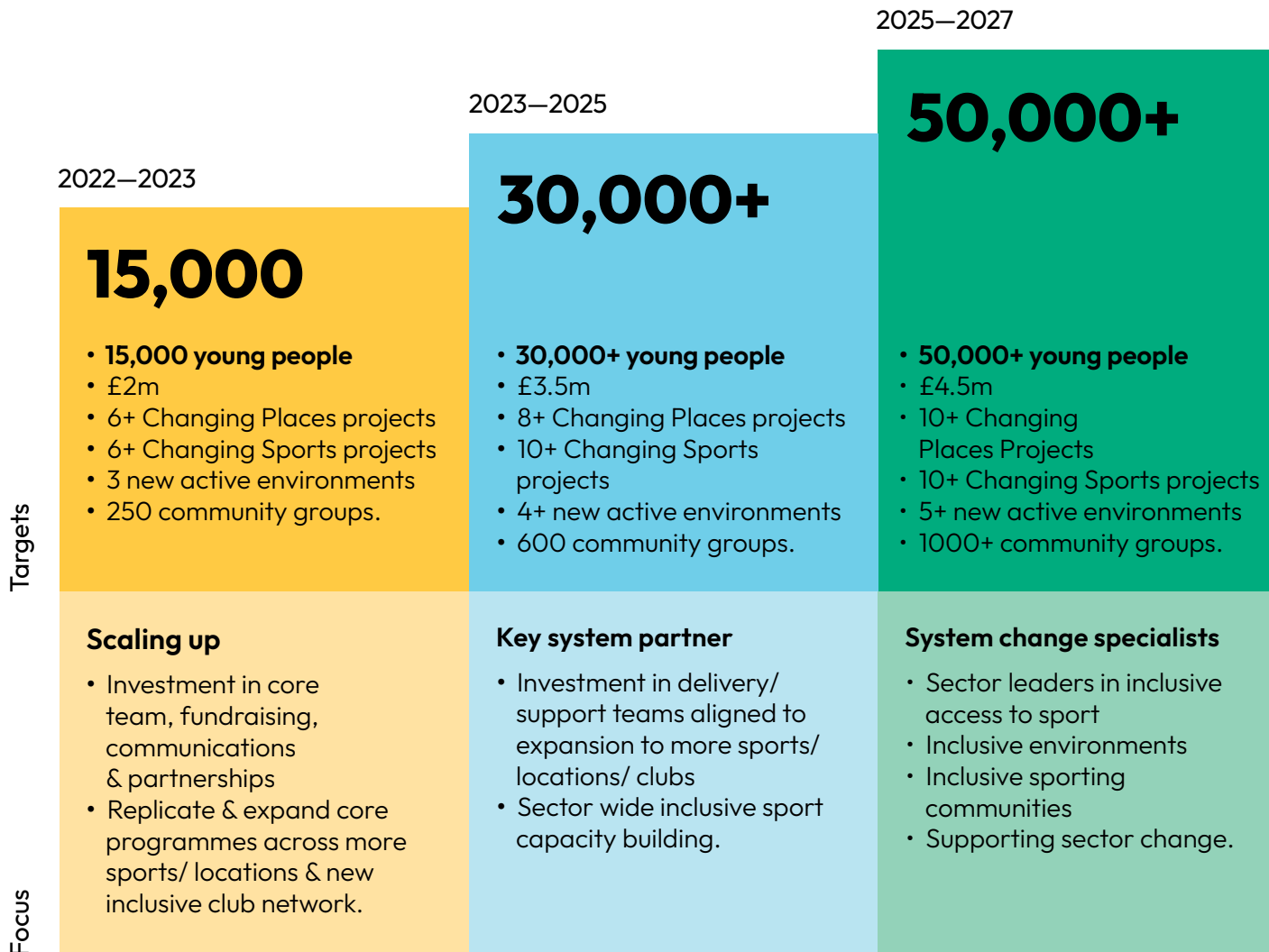
- Equipment and resources
- Facility development (active environments)
- Location scouting.

### System change

- Advocacy and championing system change
- Contributing to research and policy change
- Strategic advice and consultancy support to sector partners.

Introduction &gt; What does success look like

# What Does Success Look Like?



**More community clubs and organisations delivering impactful inclusive activity to disadvantaged and disabled children and young people, across more locations and more sports.**

### Growth targets

Our growth targets are bold and aspirational but build on strong foundations and reflect the ambitions of our sector partners.

It has been over a year since we set out our growth plans in our 2022 growth strategy, and we have seen significant progress since then. By working towards these ambitious targets we have been able to rapidly expand our reach and positively impact more underserved young people. We have also invested in our core team and created solid foundations for future growth. You can find details of our progress on the next page.

Introduction > Our success so far

# Our Success so Far



## Individuals

In 2022/23 we reached over 11,600 children and young people, enabling them to access the transformative benefits of inclusive, community sport. This is a significant uplift on the previous year's figure and enables us to continue to further scale up our delivery and expand our reach. The clubs and organisations we support are often a lifeline for the young people they work with, as well as their parents.

## Community

This year we supported 180 community sports clubs, upskilled 852 coaches/volunteers through inclusion training and trained 574 young leaders. Many of these clubs are now community hubs, with accessible facilities and activities, enabling the inclusion of young people and increasing community cohesion.

## System Change

Whilst our work to empower community clubs and volunteers to transform the lives of underserved young people is central to our vision and mission, we are also committed to using our expertise to help make inclusion the norm across all community sport.

This year we have collaborated with several organisations, including Nuffield Heath, British Equestrian and the England and Wales Cricket Board, to deliver sustainable, long-term change within the sport and physical activity sector.

# Measuring Success

Measuring Success &gt; Impact in Numbers

# Our Impact in Numbers

Programme beneficiaries	2022/2023
Total number	11647
Less Active (less than 30 mins per day)	15%
Ethnically Diverse Communities	30%
Disabled	32%
Female	32%
Top 20% most deprived communities	48%
Top 40% most deprived communities	65%
Club supported	180
Coaches/volunteers upskilled	852
Young Leaders upskilled	574

**This year we have started to see the impact of our 2022 growth strategy ‘Stand for Inclusion’ with our overall programme participants growing by 43% in 2022/23.**

We’ve also seen growth in the number of clubs, coaches, volunteers and young leaders we’ve been able to support and upskill this year.

**Over the next year (2023/2024) we hope to grow our reach to over 15,000 programme participants.**

Our primary focus will be on engaging disabled and disadvantaged young people that need our support the most. We will focus on increasing our female participants to 50%, ethnically diverse participants to 40% and our disabled participants to 35%.

Measuring Success > Impact at a Club

# Meet Redbridge Spitfires



**Redbridge Spitfires is a BMX club based in East London that won the prestigious Inclusive Club of the Year Award at Access Sport's Stand for Inclusion Awards in March 2023.**

What sets the Redbridge Spitfires apart from other BMX clubs is their commitment to inclusivity. The club welcomes riders of all abilities and backgrounds and has a team for almost every age group.

**"Jason is autistic and has many challenges among which are communication and social skills. He's always solitary, even in a crowd and as a parent, the isolation is heart-breaking. Eventually, Jason started gaining confidence not only on BMX tracks but also in using his words. He started talking to Ellie (a Young Leader and coach) and she**

**patiently listens to him. Ever since attending Spitfires, Jason has gained confidence, and has increased his attention and focus."** – Parent, Redbridge Spitfires Participant

The club also focuses on developing its riders' skills and confidence both on and off the track. They provide coaching sessions to help riders develop their BMX skills, but also in education and employment. The club leaders – Nikki and Julian Tysoe – have involved the riders in the decision-making since the club started.

Redbridge Spitfires is an amazing example of a club with limited resources being able to adapt to include riders with a range of needs.

Measuring Success > Impact to individuals

## Our Impact in Quotes

**“The support from  
Access Sport has been  
absolutely invaluable  
in enabling the Baby-  
ballet sessions”**

Jessie, Owner, Babyballet

**“The impact Access  
Sport has on us as a  
family is huge”**

Rachel, Parent, Flyerz  
Participant

**“The Ignite Bristol  
Network is fantastic,  
it’s become the home  
of disability sport  
in Bristol”**

Helen, Club Leader,  
Cotham Park Tennis



Measuring Success &gt; Impact to individuals

# Our Impact on Lives



# Changing Places

Changing Places &gt; Summary

# Changing Places

## **Changes Places is our place based multi-sport work.**

We have teams on the ground in London, Bristol, Oxford and Manchester and are also working in the West Midlands, Essex and Sheffield.

### **Through our Changing Places work we:**

Equip and support existing community clubs, organisations and volunteers to create inclusive offers, addressing gaps in their current provision.

Train coaches, volunteers and young leaders to confidently develop inclusive activity.

Create local partner networks and steering groups to support and embed inclusive practice.

**Reach new disadvantaged and disabled children and young people.**



**43% of children in Manchester live in poverty, almost double the number of children compared to the rest of England.**

Loughborough University, Local Indicators of Child Poverty, 2021/22

Changing Places &gt; Manchester

# Manchester

**In Manchester, 27%<sup>5</sup> of children leaving primary school are overweight or obese and research has shown that childhood obesity is twice as common in the most deprived areas than in the least deprived<sup>6</sup>. The need for accessible and inclusive community sports has never been clearer.**

Our work in Greater Manchester has continued to address health inequalities experienced by young people from the poorest backgrounds. Our goal is to develop new and existing community sports clubs that

enable underserved young people to lead an active lifestyle.

### **What have we achieved in the last year?**

We have supported 17 community clubs and provided activities for 1,553 young people, of which 56% came from England's 20% most deprived areas. Through this work, we have provided disadvantaged young people, who would otherwise be overlooked, with the life changing benefits of community sport.

Our Young Leaders Academy is supporting the development of the

next generation of club leaders in Manchester. In the last year, we have upskilled 574 young people, enhancing their employability prospects and creating the next generation of community sport leaders.

### **Learnings – networks**

As we have grown in Manchester over the last year it has been difficult to get young people to engage with the clubs we support. We overcame this by connecting with local organisations in the area, as well as using our Young Leaders Academy to establish a presence with local communities.

### **Future plans**

We will continue to grow our network of inclusive clubs, expanding our Young Leaders Academy and widening our disability-inclusive sessions. By the summer of 2024, we hope to have engaged with over 4,500 disadvantaged and disabled young people.

Changing Places &gt; Manchester

# Meet Joe, Young Leader



**Joe often finds it difficult to maintain focus during lessons and can struggle to regulate his emotions which can make him react negatively. Joe is 14 and completed our Young Leaders course this year.**

**We have seen a huge transformation!**

During the course, Joe increasingly developed his communication skills and started to put in place behaviours to regulate his emotions, such as taking himself away from the group when he felt overwhelmed. Joe also thrived when delivering sports sessions and now has a keen interest in a career in sports.

Joe said:  
**“I would say that since we started I have improved on a few things. But I would also say it is a brilliant course to do. Doing this would make a brilliant future for yourself”.**

On completion of the course, we have set Joe up with several opportunities to gain coaching qualifications. He is now considering working in climbing, basketball and even football refereeing. Joe also plans to undertake a placement either with Access Sport or with one of our partners in sports media.

Alex, Young Leaders Academy Manager, said: **“The Young Leaders course was really positive for Joe's development. He started the course struggling to stay engaged, but by the end, Joe took a leading role in the group. Joe showed great leadership skills in his delivery of the games and is a fantastic example of the benefits this course can provide”.**

Image: Young Leader's Academy session hosted by Nuffield Health at MIHP.

**“Before working with Access Sport, there was a real demand but we simply didn’t have the resources. Some of the kids were turning up anyway, climbing on the building and generally causing disruption. These kids are now engaged in our sessions and have something positive to focus on”**

Gary Booth, Head Coach, M31 Boxing Club



**Almost one in four disabled children say they want to be more active than they currently are.**

Activity Alliance, My Active Future



Changing Places &gt; London

# London

**It is vital that disabled young people from ethnically diverse communities have access to the transformational benefits of disability inclusive community sport. We know that disabled young people and children from these communities are missing out on physical activity<sup>7</sup>.**

In London, we support clubs to create sporting communities for ethnically diverse disabled young people. We have great engagement from these communities with 42% of participants in our disability inclusive sessions coming from

inclusive sessions coming from ethnically diverse communities. This is above the average population of 37%<sup>8</sup>.

### **What have we achieved in the last year?**

We have worked with over 20 new and existing community sports clubs supporting them to deliver inspiring sessions to 950 young people. These truly welcoming sessions act as inclusive community hubs where disabled children and their families can connect.

### **Learnings – sustainability**

It has been increasingly difficult to create sustainable community sport clubs in underserved London communities. To overcome this, we have been working on linking community sport clubs and organisations into a supportive network that shares resources and funding opportunities. For example, we have shaped the strategy of the Southwark Disability Sports Network (SISPAN) and Lewisham Disability Sports Network to deliver long term change.

### **Future plans**

Moving forward we are scaling up our existing work in six boroughs and plan to begin work in new boroughs. By 2024, we are aiming to support at least 15 new clubs and drive activities to over 1000 young people so that they can experience the life-changing benefits of community sport.

Changing Places > London

# Meet Joseph, Lewisham



**Joseph is 8 years old and has a hearing impairment, ADHD and learning difficulties. This makes it difficult for him to follow or retain instructions. Oftentimes, children like Joseph are overlooked by traditional sport. This means they miss out on the life-changing benefits that it can provide.**

Having not regularly participated in sport, Joseph came to our SISPAN Active Together Festival in early 2022 where he tried lots of different sports and activities. Following this event, Joseph attended our Lewisham Inclusive Sports Festival, in May 2022, where he enjoyed discovering even more activities and learning new tennis skills. Since then, Joseph has attended a sitting volleyball club and has become a regular participant in an inclusive karate session in Southwark.

Trying activities such as tennis in an inclusive environment gave Joseph the enthusiasm to want to engage in new activities. He has been absolutely loving the karate sessions, where we have seen him really focusing on his movement,

having fun with new friends and improving his listening skills.

Joseph's mum highlighted the positive impact these sessions have had on her son, as well as the patience and understanding shown by inclusive community coaches.

**“He really enjoys the Access Sport sessions because he is able to try different sports with the understanding from the instructors that he will not follow the entire sessions to plan. The sessions are having a positive impact as he is able to try different things without being judged and is able to meet new friends.”**

Once again, Joseph's story is another great example of how community sport can act as a vehicle for positive change in young people's lives!

**“The development of the SISPAN network has been a great way to bring together partners that want to create more inclusive opportunities for people to be active and play sport. The collaborative work has enabled investment into Southwark to grow and expand local activity.”**

Jardine Finn, Southwark Council



**For most parents of disabled children, their child's sense of social belonging was a key reason they sought out opportunities for their child to find social connection with others through sport.**

Loughborough University, The Importance of Sport for Children With Disabilities

Changing Places &gt; Bristol

# Bristol

**Disabled people in Bristol are half as likely to do enough exercise each week compared to the average Bristol population (32% vs 68%) and 15% of Bristol's population live in “deprived” areas<sup>9</sup>.**

Access Sport has been working to transform community sport for disabled children and young people in Bristol since 2008. We spearhead Ignite Bristol, a unified network of community organisations and clubs dedicated to supporting inclusive community sport and physical activity in the area.

## **What have we achieved in the last year?**

The Ignite Bristol network has grown to 55 clubs across the city, and we have helped 14 new clubs to deliver disability inclusive sessions that impacted 511 young people. Our team in Bristol also upskilled 272 coaches and volunteers through our Disability Inclusion Training.

In September 2022, we increased our capacity through a full time Community Coordinator. With this extra support, we have been able to run additional community networking events across Bristol

that bring together sport clubs, community organisations and participants.

## **Learnings – outreach**

Through our Ignite Bristol Network, we know that community Clubs have been struggling to promote their inclusive sessions. To tackle this issue we have been pushing activities via a Bristol Ignite Facebook page, working with other likeminded organisations who can promote the sessions and organising community outreach festivals.

## **Future Plans**

We have exciting plans for community sport in Bristol. Over the next year, we will support 12 new clubs to provide accessible activities to at least 1000 disabled children and young people. Through regular consultation with disabled participants and the Youth Board, we also want to create a feedback loop that can shape our ongoing delivery in Bristol. This better allows us to address the views and needs of the young people we work with.

Changing Places &gt; Bristol

# Meet Rhys, Cotham Park



**Rhys joined Bristol's Cotham Park Tennis Club in 2019 as a participant in the ability tennis sessions that we helped set up.**

But this was only the beginning of Rhys's tennis journey!

Supported by our team, Rhys completed his Level 1 tennis coaching qualification in 2019 and went on to work at Cotham Park Tennis Club where he helps coach a variety of sessions, including ability tennis and Lawn Tennis Association Youth Start courses. Rhys has shown fantastic ability as a tennis player and has even won two bronze medals at the Special Olympics.

And this year we celebrated Rhys as our Volunteer of the Year at our annual Stand for Inclusion dinner! Rhys is a perfect role model and showcases what young people can achieve when they are empowered and given the right environment

Rhys said,  
**"I would say I love coaching because it means teaching kids mini tennis, matches, games and forehands rallies! So, that is so fun!"**

**“Access Sport is the beating heart of inclusive sport in Bristol. Their work is inspiring and impactful and couldn’t be done by anyone else.”**

Steph When, Club Leader, Gympanzees



**In Oxfordshire, 1 in 5 children are  
experiencing significant mental  
health difficulties.**

Active Oxfordshire, 2022



Changing Places &gt; London

# Oxford

**Across Oxfordshire, 1 in 2 children are not engaging in enough physical activity to protect their health and wellbeing and only 35% of disabled children feel confident taking part in sport<sup>10</sup>.**

We have been working in Oxfordshire since 2014, helping to provide disadvantaged and disabled children and young people with the benefits of sport. In the last year, we have collaborated with Active Oxfordshire, a local charity and a key system partner of Sport England, to expand our reach to

as many sports clubs and organisations as possible.

## **What have we achieved in the last year?**

We have been working with a Development Manager at Active Oxfordshire to establish a new inclusive sports programme. This collaboration has helped open up community sport in the county to everyone, no matter their ability or background.

Our work has supported seven community clubs that delivered inclusive sessions to 363 underserved young people. This, in

turn, provides local communities with the transformational benefits of community sport.

## **Learnings – gaps in training**

Currently, there is a gap in provision for people with disabilities across Oxfordshire. To address this barrier we have been supporting local clubs through our Disability Inclusion Training. Training has also been important for young people in the area. Our Young Leader training has bridged the gap where young people are interested in supporting their local community sport club, but lack the tools and confidence to do so.

## **Future plans**

We plan to roll out our Disability Inclusion Training to more organisations and develop sport-specific inclusive networks of clubs, starting with rugby, football and cricket. We also plan on offering our Young Leaders training to local organisations to engage more young people and create the next generation of community club leaders.

Changing Places > London

# Meet Banbury Mosque, Oxford



**Banbury Mosque is situated between two of Banbury's most deprived neighbourhoods and actively engages with the community. In response to recent tragedies and concerns about criminal influence on young people, the mosque started providing young people with activities after school.**

With our support, the mosque turned a casual football kickabout into structured sessions and provided the local young people with a community hub. Mentored by coaches from Oxford United, five young people also completed England Football Learning's "Introductions to Coaching" qualification. The group were even lucky enough to enjoy a funded trip to St George's Park, the home of the England Football team.

Looking forward, these young people will eventually pursue UEFA C licenses and lead their own community clubs.

One young person said:

**"I have always had a passion and love for football. I started playing from a young age and as I got older realised there are not many players and coaches of my background. I want to make a change and help local young people develop a love and interest in football and also sport as a whole."**

Banbury Mosque's story highlights the social good that can be uncovered in communities when young people are given the right tools and empowered to enact positive change.

**"We can't thank you enough. Having the chance to learn dance has provided her with a new way to express herself. She has been struggling with her mental health for such a long time and this has broken the cycle for her"**

Participant parent, Body Politic Club



Changing Places > Growth Plans

# Growth Plans

Typical 3 stage process for new place-based projects:

Options	Description
<b>1. Advisory role</b>	<p><b>Short or long term.</b> We advise on the training, equipping and support of community clubs, with a social and/or disability inclusion focus, working with local partners managed by our National team.</p>
<b>2. Full-time development lead</b>	<p><b>Two years plus.</b> A local development lead is appointed and tasked with training, equipping and supporting community clubs with a social and/or disability inclusion focus.</p>
<b>3. Ongoing programme delivery</b>	<p><b>Multi-year.</b> A local development team is appointed and tasked with training, equipping and supporting community clubs, with a social and/or disability inclusion focus.</p>

**We plan to develop our place based offer, working across more locations in line with local needs. We remain focussed on the 20% most deprived communities and aligned with national agendas, such as Levelling Up and Left Behind Neighbourhoods.**

The nature of our work ranges from strategic/advisory work with local partner organisations, to having teams on the ground delivering hyper-local, hands-on support. Strategic partnerships with local authorities, Active Partnerships and Local Delivery Pilots are critical to the success and sustainability of these programmes as are partnerships with local corporate and other organisations who wish to support their communities.

**New Changing Places locations are currently being explored and we welcome interest from new partner organisations.**

**We are currently developing work in...**

## Sheffield

We have been working in Sheffield since 2019 in partnership with Sheffield City Council and Sheffield Hallam University. Together we have been supporting local community sports clubs. Building on this work, in the next three years we aim to:

- Reach 2,000 local young people from underserved areas
- Upskill 50 coaches, volunteers and young leaders
- Support five clubs to be more diverse and inclusive.

## Birmingham

We have recently launched a new three year Changing Places project in Birmingham to train, equip and support local clubs to create and deliver inclusive sports offers. This work will focus on disadvantaged and disabled young people and will provide communities with the life-changing benefits of sport. We will also be recruiting a full time Birmingham based Club Development Manager to push this work forward.

# Changing Sports

Changing Sports > Summary

# Changing Sports



## **Changing Sports is our sport specific, multi-location work.**

These are fully inclusive offers with a social and/or disability first approach, targeting children and young people who would not feel able or confident to access existing activity.

A focus on fun and social interaction is key.

## **Through our Changing Sports work we:**

Create social and disability inclusive offers within different sports, addressing gaps in provision.

Equip/support (or set up) clubs to launch new offers.

Deliver sport specific training to upskill coaches and volunteers to lead local delivery.

## **Reach more children and young people.**

Changing Sports &gt; Cycling

# Cycling

**In the United Kingdom, 74% of people from ethnic minorities, 75% of people at risk of deprivation and 78% of disabled people never cycle<sup>11</sup>. This needs to change.**

We have been working to transform underserved communities through the physical, mental and social benefits of cycling. Our mission is to provide young people in these areas with:

- Access to a bike
- The skills and confidence to ride it
- Somewhere local, safe and exciting to enjoy riding.

## **What have we achieved in the last year?**

We have intensley supported 45 community clubs and delivered cycling sessions to over 7,000 disadvantaged and disabled young people. The last year has also seen the launch of two new cycling facilities in Bromley and Sheffield. These venues now act as vibrant centres of community for the local young people.

## **Learnings – cost of living**

The cost of living crisis has significantly impacted community cycling clubs. To help clubs we carried out research to understand

the challenges communities are facing and ran free webinars that supported clubs to set up hardship funds for their participants.

## **Future Plans**

We have ambitious plans for our cycling work. Over the next three years, we aim to:

1. Develop facilities in underserved areas of London, Bristol, Manchester, Oxfordshire and Sheffield that create transformational communities centred around cycling.
2. Expand the network of inclusive cycling clubs supported to 200 nationally.
3. Upgrade five existing community cycling facilities to increase opportunities for disadvantaged and disabled young people to cycle.

Changing Sports &gt; Cycling

# Meet Demi, Bromley BMX



**Demi is partially sighted and has never had the opportunity to learn to ride a bike. After visiting the pump track Access Sport delivered in Bromley, she has now realised that she can learn how to ride.**

When starting off Demi struggled and found cycling overwhelming. She even had a moment where she did not want to continue. With the support of our inclusive cycling coach and encouragement from her friends and teachers she decided to continue trying. Calmly working at her own pace, she began to enjoy herself.

Demi said:

**“I really enjoyed the sessions. I think that everyone should learn how to ride a bike. I am definitely going to keep cycling.”**

Having been introduced to cycling through the Access Sport outreach sessions in Bromley, she is now a confident rider. Demi is often the kind of child that is overlooked in traditional cycling. However, by providing her with a safe and inclusive cycling track designed for

disabled young people, we were able to give her the opportunity to learn the amazing life skill of cycling.

Although Demi has continued to have ups and downs, she is still determined to cycle. Her mother has let the team know that she has started practising in her free time and has even asked for a BMX for her birthday.

Demi's mother said:

**“BMXing was definitely not on the list of things I thought she would be doing! When she was born, I was told that she would not be able to do any of this”.**

Demi is a shining example of what happens when young people are given inclusive environments and empowered to flourish.



**“The sessions have had a massive impact on the students. Many have had adverse experiences and opportunities like this gives them purpose, allows them to move forward in life and lets them be successful at something which is so invaluable for our students.”**

Ben, Teacher, Lansdown Academy (PRU)



Changing Sports > Basketball

# Basketball



**We believe basketball has huge untapped potential to transform the lives of underserved young people in their local communities. We know from Sport England's Active Lives data that basketball is consistently more impactful on health and wellbeing compared to other sports.**

However, only 15% of disabled children play basketball once a week or more<sup>12</sup>.

Our grassroots pan disability inclusive basketball programme, Hoopz, works to tackle this issue. In 2021, we partnered with

Basketball England to change the sport of basketball for good so that everyone has the opportunity to access the physical, mental and social benefits of this sport.

## **What have we achieved in the last year?**

We have supported the development of Hoopz sessions at seven clubs, providing regular sessions to 177 disabled children and young people. This includes supporting five existing clubs to be disability inclusive in London, Norwich, Reading, Eastbourne and Swindon. We have also upskilled 46 community basketball coaches and

volunteers in disability inclusion.

## **Learnings - creating networks**

Coaches who generally work with non disabled young people sometimes lack the confidence to step into running inclusive sessions. To address this challenge we have been working to embed our Hoopz programmes into a supportive network of inclusive clubs that can share learning and support each other to establish disability inclusive offers.

## **Future Plans**

We will continue to transform the sport of Basketball. Working with Basketball England, we will establish a London-based team dedicated to creating a network of inclusive basketball offers. We will also champion disability-inclusive basketball, addressing current gaps in provision. Finally, we plan to renovate and activate at least five community basketball courts in underserved areas.

Changing Sports > Basketball

# Meet Safe Haven Basketball Club



**Supported by our team, volunteer coach and community organiser, Emma set up Safe Haven Basketball Club in 2019. Safe Haven has grown significantly since then and now has four clubs in Westminster, Hackney, Southwark and Camden.**

Since its beginnings, Safe Haven has been a shining example of the life-changing communities disabled young people can create when they are supported and empowered.

Emma's daughter, Grace, who has been a regular participant at the Safe Haven Clubs, has even gone on to compete in the 2023 Special Olympics in Berlin and become a member of our Youth Board.

A parent of one of the participants said:

**“These kids with disabilities, they want to play. You can see the passion. You can see the group that we have here, they have a great bond. My son looks forward to coming here every Wednesday!”**

Safe Haven's participants were often excluded from mainstream sport and now they have a club where they can feel a real sense of belonging and enjoyment!

**"Basketball is really good, it's good to focus on training, meet new people and learn how to play. The coaches do a good job. I'm more active now, I feel fitter, I train every Friday."**

Emily, Participant, Swindon Shock Basketball Club



Changing Sports &gt; Rugby

# Rugby



**82% of players in the Rugby Football League's disability competitions reported improving their self-confidence and 91% reported that playing Rugby League improved their life<sup>13</sup>.**

These positive impacts demonstrate the huge untapped potential of Rugby League. Our work in Rugby League focuses on working with the Rugby Football League (RFL) to create a safe, inclusive pan disability rugby offer for children and young people – Tryz Rugby.

We want disabled young people from non-traditional Rugby League areas to benefit from, not only playing rugby, but also the sense of belonging that comes from being part of a community club.

### **What have we achieved in the last year?**

Last year we built partnerships with three clubs and reached over 100 young people. Through our connection with these clubs, we also upskilled five RFL community coaches and volunteers in disability inclusion.

We have also been working to create a pipeline of prospective rugby league clubs so that we can maximise our reach in 2023/2024.

### **Learnings - engagement**

As the Tryz programme is working in non-traditional rugby league areas, volunteers and coaches have found it difficult to engage regularly with the local communities. To combat this we have been working to connect established Rugby League clubs with our Tryz sessions to encourage shared learning.

### **Future Plans**

We will continue to grow the Tryz programme in the next year, establishing regular Tryz sessions in eight community clubs, engaging over 200 disabled children and young people, and upskilling over 80 coaches and volunteers. The next step in our Tryz journey is to expand our work to Rugby Union. Working across rugby codes will fast-track the growth of Tryz, enabling us to reach more disabled young people who can benefit from this amazing sport!

Changing Sports &gt; Rugby

# Meet Bristol Tryz Rugby Club



**Launched in 2022, this amazing inclusive club is delivered by Shine Coaching in partnership with the local club Bristol All Golds. Running fortnightly pan-disability sessions for young people at Shine Sports ground, this club is going from strength to strength.**

James, Bristol Tryz coach said:

**“Bristol Tryz is a great way to get involved in sport and for learning social skills, making friends and having a lot of fun”.**

The sessions welcome individuals of any ability and aim to be inclusive of all needs. Bristol Tryz also encourages guardians/parents and siblings to get involved in the fun!

A parent of one of the participants said:

**“Sophie has been coming to the rugby sessions for a couple of weeks now and she has really enjoyed it. It has actually built her confidence in throwing and catching. The sessions are fun and she really does enjoy coming along to play with her friends.”**

The coaches focus on making the sessions exciting for the young people and are often made up of lots of different games and activities. Many of the parents have commented on how happy the young people are during the sessions, as well as how impressed they were with the social skills they have developed.

**“The game of Rugby League throughout its history has always been an inclusive sport. The addition of Tryz allows community clubs like the Goole Vikings to continue with that ethos by helping us to involve more of the local community in and around Goole into the Rugby League family.”**

Paul, Coach, Goole Vikings Juniors



Changing Sports > Hockey

# Hockey



**“Disabled people were half as likely to ‘see people like me’ playing and working in sport and physical activity<sup>14</sup>.”**

Flyerz, our pan disability hockey offer, tackles this issue by providing an accessible grassroots pathway into community hockey clubs, as well as signposting the elite pathway opportunities available in the sport.

Run in partnership with England Hockey, Flyerz aims to help clubs integrate disability inclusive hockey into their community footprint and

become more accessible to disabled children and young people. We want disabled players to benefit from, not only playing hockey, but also the experience of being part of a community club.

### **What have we achieved in the last year?**

We worked with 15 hockey clubs that engaged 446 disabled children and young people. We also supported 150 coaches and volunteers to be more disability inclusive, with 50 hockey clubs now upskilled to run Flyerz sessions.

### **Learnings – mental wellbeing**

One of the key learning identified by our Flyerz clubs this year was that players wanted more opportunities to play against and meet new people. This aligns with the findings identified in the 2021 evaluation of Flyerz, carried out by Loughborough University, where we found that 87% of participants experienced increased mental wellbeing and the sessions were highly valued for the social opportunities.

### **Future Plans**

By 2024 we aim to expand our work in hockey to:

- 750 disabled children and young people engaging in regular Flyerz activities
- 75 community clubs delivering sustainable Flyerz activities in their communities.



Changing Sports &gt; Hockey

# Meet Harborne Hockey Club



**We have supported Harborne to deliver Flyerz pan-disability inclusive sessions in Birmingham for disabled young people since 2019.**

The club has expanded and now they are regularly supporting 31 disabled young people to improve their confidence, health and wellbeing. In 2023, the club even coached and mentored seven players with a disability that represented England and Great Britain in two separate international tournaments.

**“Harborne is a key community sports club in Birmingham and a real example of what can be possible”** - Steven Bradley, England Hockey.

The club coaches have also been involved in a successful project working with Muslim girls that really demonstrates their commitment to making hockey accessible for everyone. The club have also been working with Ukrainian families and giving them the opportunity to get involved.

Harborne is a key community sports club in Birmingham and a real example of what can be achieved when clubs are empowered to create change in their communities.

**“People use the word inclusive... Falcon Flyerz is the most inclusive place we have ever experienced. We are eternally grateful for the fact that Falcon Flyerz has welcomed William with open arms!”**

– Lisa, Parent, Falcon Flyerz



Changing Sports &gt; Growth Plans (1/2)

# Growth Plans

Typical 3 stage process for new changing sport offers:

Options	Description
1. Pilot	<b>Initial development phase.</b> <ul style="list-style-type: none"> <li>• Six months</li> <li>• 4-5 community clubs.</li> </ul>
2. Progression	<b>Ongoing programme delivery.</b> <ul style="list-style-type: none"> <li>• One year</li> <li>• 10-12 community clubs.</li> </ul>
3. Ongoing programme delivery	<b>National scale rollout</b> <ul style="list-style-type: none"> <li>• Multi-year</li> <li>• Full national network.</li> </ul>

**As part of our Growth Strategy, we plan to expand our existing sports based offers and create new offers.**

Strategic partnerships with national governing bodies of sport (NGBs) are critical to the success and sustainability of these offers, as are targeted partnerships.

We know that National Governing Bodies and other sports organisations want to do more to support accessibility and inclusion in their community clubs, but many lack the specialist resource to make this happen. We act as a trusted partner to create and bring new inclusive offers to life. We invite other sports to be part of this exciting offer.

Key Changing Sports partnerships:



And other National Governing Bodies.

Changing Sports > Growth Plans (2/2)

# Growth Plans

## We currently have the following sports in development:

### Tennis

Building on our place based tennis work in Bristol and London, we have partnered with the Lawn Tennis Association (LTA) and the LTA Foundation to establish a pan-disability offer for children and young people. This offer complements existing impairment specific opportunities and provides a pathway to wider tennis opportunities for disabled young people.

Through our new tennis offer, we aim to maximise the number of disabled young people with access to the transformational benefits that tennis can bring.

### Swimming

As 2023 progresses we will be expanding our work into inclusive swimming. Working with the Children's Alliance we aim to improve access to inclusive learn to swim and water safety offers for children and their families. For us, inclusive means affordable, local, and welcoming to all including families furthest away from participation.

This project will initially support two providers across Bristol and London, engaging 36 disabled young people and upskilling swimming instructors, coaches and volunteers in disability inclusion training.

# Inclusive Club Network

Inclusive Club Network > Summary

# Inclusive Club Network

**Development work on our Inclusive Club Network started in 2022 and was officially launched in September 2023.**

It is a national multi-sport network of clubs supported through our Changing Sports and Changing Places work.

The network helps clubs connect with the resources, inspiration, and training needed to sustain an inclusive sports club. This includes:

- Regular inclusion-focused webinars, including inspirational talks and expert speakers
- Access to the inclusion training and resources
- A platform to showcase how our clubs are promoting inclusion
- Invitations to in-person events, festivals and inspiring club visits
- Collective action on matters of common interest, to create national-level change.

**The Inclusive Club Network's calendar of events will cover topics such as disability inclusion, women and girls inclusion, neurodiversity, capacity building and much more.**



Inclusive Club Network > Growth Plans

# Growth Plans

**The initial cohort of 300 plus clubs will grow, year on year, to provide long term support to all clubs engaged in our activities.**

Training, equipping and supporting clubs to provide inclusive sessions is the core focus of our work. By growing the Inclusive Club Network, we are offering long-term support to all the clubs we work with in a sustainable way.

As the community grows we also plan to expand this offer to include more resources and events. Ultimately, we want to support as many clubs as possible to become more inclusive through this network, with a goal of supporting over 1,000 clubs by 2027.

With distinct training offers and support, the network will create collaborative clubs who become experts in inclusion for their participants. With training a key part of the network offer, we will start with female inclusion training in the autumn of 2023, and then cover disability and neurodiversity inclusion in the winter.

Clubs and their volunteers will be upskilled and encouraged to support each other as well as having expert advice from Access Sport.

## **Why join the inclusive club network?**

For any clubs and volunteers that want to join the network because of a shared objective to make inclusion the norm, do get in touch with us today to become part of the network.

# System Change



System Change &gt; Summary

# System Change



**We are committed to using our experience and expertise to make inclusion the norm across all community sport.**

System change is therefore a key strand of our work.

We want to increase awareness of, and investment in, sport for development.

This approach is central to the delivery of sustainable, long-term change within the sport and physical activity sector.

## **What we do...**

Use on-the-ground insights to advocate for and champion system wide change. We aim to understand, share and amplify the needs, aspirations and voices of the communities we support.

Proactively contribute to research and policy work of system partners.

Provide advice, guidance and support to other sector organisations. This includes a strategic consultancy service with a track record in facility development advice, strategic planning and new programme development.

System Change &gt; Our contribution

# Our Contribution to System Change



## Nuffield Health Partnership

In June 2022, we joined forces with Nuffield Health, in a new project to tackle health inequalities in Greater Manchester. This project has combined our resources to tackle the unmet needs of disadvantaged young people and their families. The partnership aims to bring young people into community sport, provide access to Nuffield Health's world-class facilities, teach children to cycle and inspire the next generation of community leaders.



## Sport for Development Coalition

We continue to be active members of the Sport for Development Coalition, a UK-wide movement of 400-plus organisations using targeted interventions to address health and societal inequalities. This past year we have contributed to their Impact Working Group and Communications Working Group. Both groups play a key role in advocating and influencing change at a national policy level.



## England and Wales Cricket Board

We partnered with the England and Wales Cricket Board (ECB) to upskill 80 community cricket coaches, volunteers and young leaders from across the country in disability inclusion. Our practical workshops trained the community cricket club workforce on how to make activities fun and inclusive for disabled children and young people, as well as increased coaches' confidence and competence to include disabled young people in cricket activities.



## British Equestrian

We worked with British Equestrian on a review of Riding for the Disabled Association's Accessibility Mark scheme, a programme which facilitates disabled access to equestrianism. Nearly a decade after the scheme's launch, this review aims to shape its future development, as well as inform how more of Britain's estimated 1750 riding centres can be encouraged to deliver disability inclusive activity.

System Change &gt; Our contribution

# Catalysts for Change



## Access Sport's work aligns with Sport England's Uniting the Movement Strategy.

Their five big issues are at the heart of everything we do and their five catalysts for change are embedded within our organisational culture, working practices and growth ambitions. We share their focus on tackling inequalities and their ambitions for the future.

## The five big issues

**Recover and reinvent:** The communities we support are amongst the worst affected by the pandemic and the cost-of-living crisis. We have adapted and help them to adapt. Our offer has evolved with a focus on our training offer, Young Leaders Academy and Inclusive Club Network.

### Connecting communities:

Community engagement is one of the four primary benefits we focus on. We support place-based

community development through our Changing Places work and create inclusive sporting communities through our Changing Sport work.

### Connecting with health and wellbeing:

Improving the physical and mental health and well-being of the young people we support is one of the four benefits we focus on. 87% of parents/carers said that attending an Access Sport supported club improved their child's mental wellbeing.

**Active environments:** We target underserved communities with limited alternative offers and create thriving and inclusive clubs where they are most needed. This year we opened two new BMX pump tracks in Bromley and Sheffield.

### Positive experiences for children and young people:

All of our work is focussed on children and young people. This work is informed by our Youth Board, Young Leaders Academy and targeted research where needed.

# Fundraising

Fundraising &gt; Summary &amp; Highlights

# Fundraising Highlights



**We rely on fundraising to enable us to deliver our vital inclusion work, and to help as many children and young people as possible. We have a lot of fantastic supporters who give time and money to enable us to keep delivering this charitable work. Some examples of the amazing support we receive:**

## Dinners and events

We held fundraising dinners and events in Bristol, Manchester and London. In March 2023, we celebrated the Access Sport Awards with 200 Access Sport supporters who joined us at the Bluebird in West London. An incredible night hosted by Ambassadors Greg Searle and Shanaze Reade, with guest speaker Sir Clive Woodward. Thank you to everyone who attended.

## London Half Marathon

As charity partner of the London Half Marathon in the Olympic Park in March 2023, runners joined

our CEO Helen Rowbotham and Youth Board member Ruby Cracknell-Wright as they ran the 13.1 miles around the sporting landmarks in the Park. Raising over £6k we look forward to welcoming more runners than ever in 2024.

## Streaming for Sport

We had great support from the gaming community in November 2022 as we ran our gaming event Streaming for Sport. This event engaged both companies and streamers to raise money or donate to Access Sport. As part of the event, Ambassadors Declan Brooks and Helen Richardson-Walsh took part in a live streaming activity with other streams by Sam Tabor. Thank you to Curve Games, who were instrumental in creating this event.

## To get involved in fundraising

Visit our website >

Fundraising &gt; Summary &amp; Highlights

# Angus Irvine Playing Fields Fund



**The AIPFF is a restricted fund managed by Access Sport. It exists to increase opportunities for young people in disadvantaged areas to play sport and enjoy its many benefits.**

## What does it do?

Supported by our team, the Irvine family fundraises through a calendar of amazing events. The fund then provides much-needed grants to community sports clubs across the country. This, in turn, enables them to transform the lives of underserved young people in their local communities.

## How much has the fund raised in the last year?

The family raised an incredible £106,509 in 2022/23, enabling the fund to distribute £113,116 to community sport clubs and organisations across the country. All these clubs now act as vibrant community hubs and receive regular support from our development team.

## Funding by Location

Birmingham - £12,200  
London - £26,610  
Manchester - £57,147  
Oxfordshire - £17,159.

Grant beneficiary

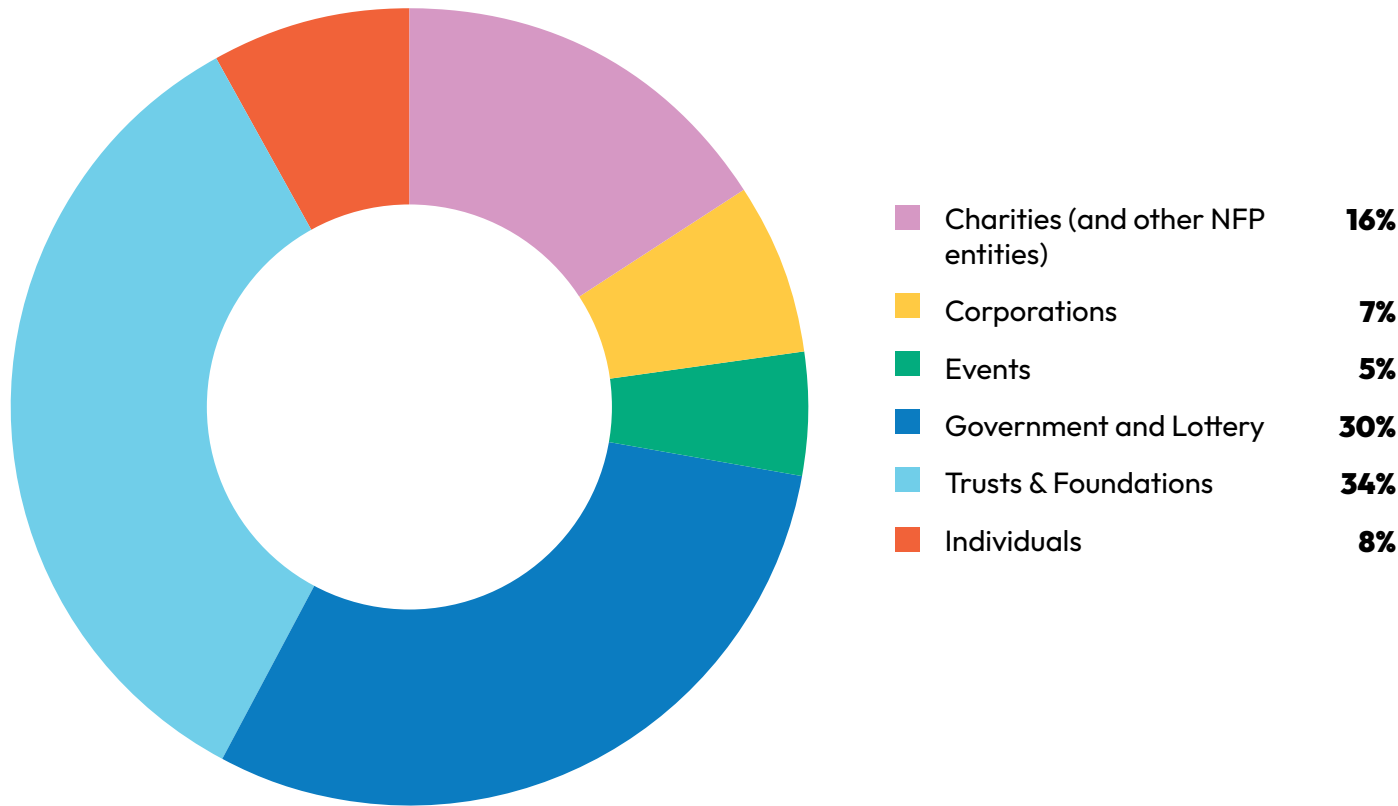
**“The AIPFF has always been there for me. They provide safe spaces for young people in our community, and I would like to say a massive thank you for the ongoing, vital support!”** - James, Club Founder, Families Against Violence



# Finances

Our Finances > Summary

# How We Funded Our Work



## Overview

2022/23 was a year of growth and expansion, following the launch of the Stand for Inclusion growth strategy and brand refresh in 2022.

**Total income for the year was £1,864,566.**

This is a 10% increase on 2021/22 (£1,688,917).

**Expenditure for the period totalled £1,710,360.**

A small decrease on 2021/22 (£1,724,967), which has left a surplus for the year of £154,206.\*

\*All figures are based on management accounts for 2022/23



# Changing Lives Together

Changing Lives Together > Our Team

# Our Team

## Trustees

Martin McPhee (Chair)  
Christine Gibbons  
David Ascott  
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Lorraine Bedwell  
Mandana Mehranpour  
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Greg Searle MBE  
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Kate Richardson-Walsh OBE  
Olivia Brean  
Quillan Isidore  
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## Youth Board

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Ruby (Vice Chair)  
Chloe  
Dhilan  
Eniola  
Gemma  
Georgia  
Grace  
Jade  
Katherine  
Rhys  
Sky

Changing Lives Together > Our Supporters

# Our Supporters

**A massive thank you to all of our supporters who fund us and make our work a reality.**

Together we are making a huge and vital difference in the lives of children and young people.

## Special Thanks To:

Access Sport Ambassadors  
Honorary Patrons  
Access Sport Steering Groups  
Access Sport Volunteers  
AIPFF Supporters  
Albert Gubay Trust  
Bikeability Trust  
City Bridge Trust  
Curve Games  
Columbia Threadneedle  
Investments  
Comic Relief  
England Hockey  
London Marathon Foundation

National Lottery Community Fund  
Nuffield Health  
Hargreaves Foundation  
Medlock Charitable Trust  
Popcorn PR  
Rugby Football League  
Sebastian Coe Charitable  
Foundation  
St. James's Place Charitable  
Foundation  
Sport England

# Get Involved

Get Involved > Stand for Inclusion

# Stand for Inclusion

## We need your support.

We want to work with people, clubs and organisations that share our commitment to change. Whether you want to find out more, donate, fundraise, or partner with us, please get in touch. With your help we can make inclusion the norm.

## Take action...Stand for Inclusion.

Donate, fundraise or partner with Access Sport and help us to make inclusion the norm.

## Donate

Scan the QR code to donate, or use the link below.

[Visit our donation page →](#)



## Fundraise

[Visit our fundraising page →](#)

[Contact us for more info →](#)

## Find out more about us:

[Visit our website →](#)



# Appendices

Appendices > References

# References

<sup>1</sup> The Children's Society, The Good Childhood Report, 2022.

<sup>2</sup> Activity Alliance, Annual Disability and Activity Survey 2022-23.

<sup>3</sup> The Children's Society, Children's Mental Health Statistics.

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<sup>6</sup> Child of the North, Northern Health Science Alliance, 2022.

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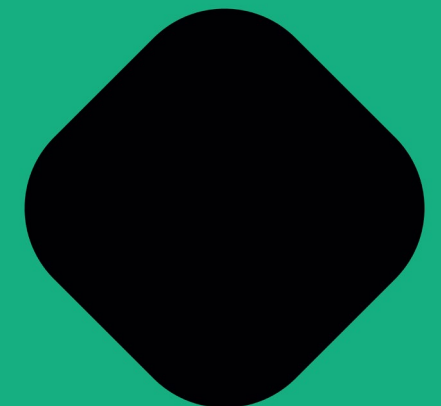
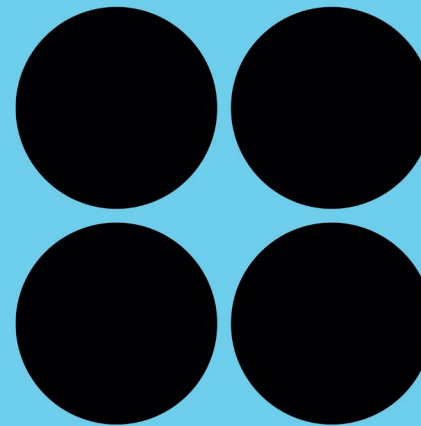
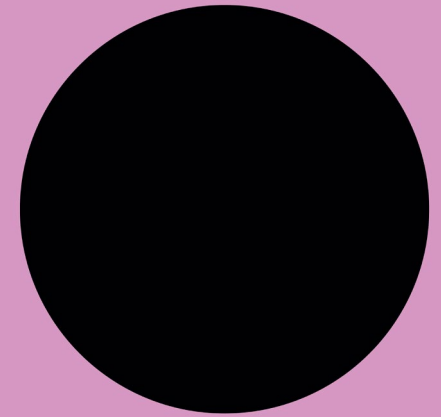
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<sup>13</sup> Disability Rugby League Dividend Report, Rugby Football League, 2022.

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[www.AccessSport.org.uk](http://www.AccessSport.org.uk)

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