



SIMPLYHEALTH

Supporting Sported members to continue
delivering vital services to young people

Helping community groups survive, to help
young people thrive

The Physical Return - Sported in
partnership with Simplyhealth



OVERVIEW

The Coronavirus (COVID-19) pandemic caused significant disruption and challenges for Spotted members, with additional stresses and strains including operational challenges, risk of closure, well-being of group leaders and the impact on young people within their community.

Spotted partnered with Simplyhealth to offer support to select members affected by the pandemic to help them continue to provide vital services to young people facing disadvantage. This included:

1. **A £2,000 grant to be spent on whatever groups needed to get activities back up and running for young people**
2. **Support to navigate the various Covid-19 guidelines to ensure they could operate safely in the delivery of their sport or physical activity**
3. **Marketing and communications support to help promote their organisation and the people that make it so special!**

Without the hard work and passion of the group leaders, coaches and volunteers, community groups simply wouldn't exist. By supporting these essential activities to get back up and running, we were able to help protect these groups' futures and ensure local young people can continue to benefit from their amazing work for many years to come.

**GIVING THEM THE
OPPORTUNITY TO RETURN TO
PLAYING FOOTBALL. THE JOY
IT HAS BROUGHT TO THE KIDS
HAS BEEN REMARKABLE AND
THE IMPACT HAS BEEN VERY
POSITIVE!**

- Syngenta Juveniles Football Club

KEY ACHIEVEMENTS

50  **GROUPS**
received funding support
from Simplyhealth.

3.076  **YOUNG PEOPLE**

were able to positively participate
in their groups activities as a result
of the funding support from
Simplyhealth.



Almost 75% of groups
have been able to fully
return to in person
activity since
receiving their grant,
just over 20% are
delivering a mix of in
person and virtual,
**and less than 5% are
still unable to return.**

*Funding positively
impacted on groups
and participants,
allowing them a
sense of*

NORMALITY

*and an opportunity
to socialise with
peers and get back
to physical activity.*

£100.000 **awarded to Sported
community groups**

FUNDING

Groups used funding for a variety of reasons to support their ongoing delivery through COVID-19.

Most common utilisation of funding by groups were:



COACHING COSTS (51.1%)



VENUE/FACILITY COSTS (53.2%)



EQUIPMENT (61.7%)

By using the funding from Simplyhealth, groups reported that they engaged with a range of participants; from as little as 10, up to over 300.

**TOTAL
NUMBER
YOUNG
PEOPLE
IMPACTED:
3.076**

Groups also reported on the types of young people they engaged with:

OVER 80% WORKED WITH WOMEN AND GIRLS

OVER 70% WITH YOUNG PEOPLE LIVING IN AREAS OF POVERTY

OVER 70% WORKED WITH THOSE EXPERIENCING MENTAL HEALTH ISSUES

ALMOST 45% WORKED WITH THOSE WITH DISABILITIES

GROUP IMPACTS

The funding has had a varied impact on groups. Many groups reported utilising the funding to purchase equipment and to go towards costs to hire a suitable venue that would allow return to safe, covid secure, face-to-face delivery:

'Alleviating the pressure we were facing post covid to get our sessions back up, it gave us the financial support so we could afford to get extra ropes and pay our staff so that sessions could begin again that were more socially distanced'.

- MOVE LDN



RAWTHORPE ABC

In addition to purchasing equipment to facilitate activity, groups also spoke about the purchase of cleaning equipment to allow for the safe delivery of sessions in line with COVID-19 guidance. This helped young people and their families to feel safe when returning to activity:

'Allowing us to purchase much needed equipment such as covid safe cleaning and materials as well as new fitness equipment, this has made students feel safer and more confident when they returned to their training environment.'

- TEAM MUSHIN CIC

PARTICIPANT IMPACTS

Several groups highlighted the importance of the funding on their groups ability to continue delivery but focused on how this was important mainly for the participants, rather than for the sustainability of their group.

Group leaders clearly recognised the impact that the pandemic has had on young people's mental health and the importance of using sport to improve both physical and mental health:

'The grant enabled Opportunity Sports Foundation to engage with those who are most socially isolated. Their mental health increased dramatically as they looked forward to getting out of their house and seeing friends again'.

- Opportunity Sports Foundation

'Allowing us to achieve one of our aims to support young people and help them overcome loneliness and wilderness. It helped us to benefit young people physically and mentally by creating good and suitable atmosphere.'

- Dignity Aid Foundation

Additionally, some group participants spoke about how engagement at their group had supported their mental health:

'Using sport as a tool is helping to keep my mind and body active. This is helping to fill in the long days of lockdown'. - Durham Area Youth

'This is the only contact I have had with friends and has been good fun, and keeping in touch and exercising'.

- Multi Sports Club

Many groups spoke of the opportunity that Simplyhealth funding had allowed them to provide to young people by being able to return to activities:

'We were aware of the negative impacts that young people were facing and wanted to make sure that our sessions continued, so that young people could still feel part of the club and see their friends!'

- Swindon Shock Basketball Club



The Simplyhealth funding allowed groups to offer a sense of 'normality' to young people following a year that was difficult for many:

'Being able to continue training and having a feeling of normality by being able to continue to do the sport that they love along with their teammates.' - Buckley Ju jitsu Club

'Allowing for many kids their first opportunity to play organised sport in many months and to meet up with their old teammates.' - Belfast Phoenix Basketball Club

Group leaders recognised the benefits that this has had to young people, not only physically and mentally, but also in their all-round behaviour:

'... return to activity meant they were becoming fitter, socialising, progressing with skills they thought they had lost, communication and listening skills have improved. Their whole wellbeing has benefited from a return to training.'

Challenges

Groups reported that they experienced a range of challenges when preparing to get back to delivering activities. The most common concerns centred around:

**SAFETY
REQUIREMENTS**

LACK OF FUNDING

**RE-ENGAGING THEIR
STAFF, VOLUNTEERS
AND YOUNG PEOPLE**

Learning

Most commonly groups are requiring funding support, whether that be fundraising or support with writing funding applications. Many groups highlighted the importance of ongoing support and guidance from Sported, recognising the value of these to the group for support.

**'Keep doing what you're doing!
I really appreciate the ongoing
support and the routine check
ins.'**

- Haringey Rhinos RFC



**'Just continue to do what
you have always done over
the last 7 years, support
and help us to grow and
help us continue to support
our deprived communities.
Thank you.'**

- Pink Lizard Developing Youth and
Community

THE
PHYSICAL
RETURN

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