

"The mother of one of our junior girls came to one of the coaches and explained that her daughter has been so happy participating in the smaller group activities and she now is seeing her grow in confidence in other social activities."

"Our swimmers benefit from the physical activity for general fitness and health, for those with a physical disability as well it works in conjunction with their physiotherapy. The social aspect and friendships are extremely important for their mental well-being. Our swimmers are desperate to get back together and get swimming, as well as socializing again. For some this is their main fitness activity especially for those no longer in education."

"We have two sisters whose mother is undergoing treatment for cancer. Coming back to swimming has been so important as it is something they did pre-Covid and before their mother became ill, and hence something familiar. They go into respite whenever their mother is in for therapy and thus the "PSOSG swimming family" makes sure we give extra support to the girls at every session and take time to listen to how their week has been. Physical exercise releases some of their anxiety. They are also with all their friends. A photo was taken of all the swimmers in the pool distanced along all the lane ropes waving up at the photographer in the balcony. This has been printed and framed for the girls' mother who said " it is like they are all waving at me and cheers me up no end as I get my treatment""

"We have a number of young males who are not engaged in sport at all either in school or out. We have managed to engage 6 young males who have previously not participated in any sports clubs at all. They attended every week and took all their aggression out on the boxing bag. Their behaviour after the sessions was much better than it normally would have been and we saw a distinct improvement in their mood and relationships with others in the group after training."

I just want to thank you so much for tonight's training, My son loved it. I've been really concerned about him recently spending too much time in Covid in his room, he seemed to regress into himself and I was starting to worry. Tonight I saw a big smile on his face that's been missing for what feels like a long time. He will be back next week. Thank you.

Our disability group have been adversely affected by the pandemic with many of them having to shield for an extended period. As a result some of them have become inactive but have also missed the social side. Some of them didn't understand why they couldn't see their friends. We have been able to hire a much larger space for their football (the whole hall instead of half the hall) This has reduced risk because they do not have to share with another group. We have been able to not charge any membership to encourage the parents to bring the children back.

We have one young girl who lost her dad last year during lockdown and has not been able to engage with anybody or anything; her mother brought her to the boxing club about 3 months ago now and the change in her appearance, her confidence, her skill set and discipline at home with family has been amazing; she is now training 4 days a week getting help to re-engage in her lessons and peer groups but also loving life again with the help of sport.

14-year-old Jake is one of 36 young people to benefit from Coaching and Tournament programme. When Jake's mum noticed he was finding it hard to motivate himself, becoming overweight and lacking confidence which impacted his mental health, she immediately referred Jake to [our programme].

Jake said: " During lockdown I couldn't take part in team sport or outdoor exercise I enjoy. I spent a lot of time watching the screen and gained a lot of weight. I felt frustrated and did not know how to process my emotions".

"The scheme has given me strategies for life. I feel more confident, not only in sports but also in school and everyday life. I feel happier and healthier both mentally and physically since starting it."

July 2021, we came across a young person called Jordan. He was in a really troubled place in his life, had fallen to addiction and had become a heroin addict. Through this time, he lost all his family and friends, had no income and struggled for food.

Through the funding we were able to support Jordan and offered him the opportunity to get involved in different sports activities the project ran. Where he took part, met new people and got to train for free, this gave Jordan a new lease of life and something to live for.

Words from Jordan

[The programme] helped me with various things like making sure I had food to eat, and was always there on the other end of the phone if i needed to speak someone. now i am clean of heroin, i am not depressed, i have better hygiene, my self respect back and i am also 11 stone and at a healthy weight, and i am so unbelievably grateful to Daniel and the project because of the project i also have my family and friends back now and a life worth living for, and the start of my recovery was due to [The programme] giving me a nudge in the right direction and being there for me when I needed it, as i have come from a dark place which many people never escape, Addiction. so this is just a thank you to the project for helping me when i most needed it.

We've had many children join our club after the pandemic to socialise with others, we deliver basketball classes but we also give opportunities for children to mix with other kids that they might never meet in other walks of life. Social aspect of sports is HUGE and we've had many parents tell us their child now suffer from anxiety due to being kept away from friends for so long due the national lockdowns and to give them a club to go to and mingle with others, it has brought their confidence back out. Achieving physical wellness but mental wellness too.

The grant has made a huge difference for the young people of the football team, enabling them to have a well reputable football stadium for training. Playing their games has given them confidence and a place to call their home. The team have continued to be mentored by the 2 volunteers who run the football team. Since the grant has come into place we can confirm that 15 of the young people in the team have now taken on the advice of courses for further development to help their future or part time work. Partaking has had an all round success.

As a result of this experience, one of the young people, was able to demonstrate skills that supported him to getting a part time kitchen assistant role. Another young person has continued climbing with the support of a sports development grant and is now tackling his NICAS level 2 climbing award. This concentrated effort is providing the diversionary focus that he needs to make better life choices.

Over the course of the programme we have supported 6 one to one courses with young people and 65 young people through group sessions. Many of which are more vulnerable and a number within a pupil referral unit setting. The funding has allowed us to provide a number of taster sessions and identify some youngsters that are struggling with their mental health and self esteem, as a result we have been able to provide additional support by referring them onto one of our mental health partnership programmes

One of our young leaders saw significant difference to her life through this project. The funds were able to cover the cost of a coaching course for her. Something she couldn't afford to fund herself. The course itself has made her more confident as an individual and led to part time employment for her within the gym. It also now means that she is able to explore jobs within the council and other activity providers if needed for extra income as she is a qualified gymnastics coach. A once quiet individual has now blossomed into a confident young woman who beams when coaching within the gym.

Reggie is a wonderful boy who is in our programme and had never tried a sport before... he never thought he would be able to be included in a club and felt very unsure as to how this would work (his carer could not afford to pay for a sports programme and more to the point there were no sport clubs that would allow him to participate or include him). He has endured years of operations and lives with very painful hips that constantly break, but even though he was in pain he wanted to try a sport. He did not want to participate at first but he now is a member of [our project] whose ethos is based on inclusivity, friendship and fun. His confidence has grown so much and is now the chatterbox of the group... with the help of the stick clip he flies around the pitch scoring goals and makes our coaches and his carer very proud! I am actually so very proud of him I have nominated him for Child of Courage Award at the Child of Britain Awards this year.

Young person excluded from school and struggling with antisocial behaviours due to chaotic family life. Talented footballer excluded from every club due to "attitude and aggression" after three years of patient mentoring and returning and access to wider sport engagement projects is now settled in college and thriving.

An incredible story of a young refugee girl with special needs who arrived in the UK this summer via a horrendous journey. She had never played sports but has amazing eye/hand coordination and has developed so quickly picking up complex tennis skills and is incredibly happy whilst on the court.

One student is 14 years old and doesn't engage with mainstream PE sessions at school. She can be disruptive in class but when she attends the weekly sessions with ourselves, she is a different person. She listens, takes on board what's required and behaves very well. She has assisted in helping to warm up the group and has expressed a desire to become a fitness instructor when she is older. She has a positive impact on her peers and shows great leadership skills.

"T" is one of our amazing Key Leaders! Her story truly is inspiring and her journey to becoming one of our most successful Community Coaches & Role Models is quite remarkable.

"T" grew up in Penrhys, one of the UK's most deprived wards. Penrhys had a Wales-wide reputation as a 'sink estate' with high levels of crime, unemployment, drink and drug use, teenage pregnancies and debt. Children growing up in Penrhys are likely to come from families who are heavily reliant on benefits, and where family members or neighbours may have drink, drug, or health problems.

"T" experienced this first hand and some of what she went through as a child is barely believable. But "T", despite all the challenges life threw at her, had high aspirations!

"T" recently lost her young mother due to Hepatitis C and liver failure after years of drug/alcohol abuse, but this has only served to increase the fire she has for supporting young girls in our area, determined to help them ensure negative experiences in their past, don't have to determine their future. She is a super leader and we could not be more proud of the amazing young lady and role model she has become to hundreds of girls and women!

You wouldn't blame Elora for thinking that the future didn't hold anything exciting for her. She is 11 years old, the youngest of two children and her family have a total income of £400 per month. Her father is in prison and her mother struggles to feed and clothe her children let alone support their passions.

But Elora has a passion, and it's dancing!

She joined a school street dance club and fell in love with it. The teacher spotted not just a passion for dance in Elora, but also talent. Having links to our club she mentioned Elora to [one of our leaders] who suggested Elora's mother might like to apply for some funding so that Elora could explore dance a bit more.

"I enjoy dancing because I want people to see that if you keep trying at something then anything is possible."

This is a child who, by being given the funding to dance, is being given the opportunity to follow a completely new life path than the one that was being presented to her a year ago. She is dancing for at least six hours a week, she has made new friends and formed new dreams. This opportunity hasn't just been life-changing for Elora, but potentially lifesaving.

"I just love dance because I feel like it's a part of me."

During September we enabled three players to take the FA foundation course in coaching, FA Playmaker. All three successfully passed. We have supported Ashley, with a disability and long-term unemployed, to join an 'Employability Through Football' course organised by the County FA. He has gained such confidence he is now coaching our beginner's group every week. He is hoping for some employment with the County FA at the county football ground.