



CHANGING LIVES

THROUGH PHYSICAL ACTIVITY AND SPORT



WELCOME FROM OUR CHAIR



I'm excited to present you with Energise Me's first annual review. If you're new to us then welcome, if you're not-so-new then you'll know that over the last year we've undergone something of a transformation. Previously Sport Hampshire & IOW, Energise Me was introduced to the world on the 30 September 2016 alongside a new brand, a new office and a new identity – we'd become a Charity.

Physical activity and sport is all about people. Participants, volunteers, coaches, leaders, motivators, facilitators, supporters or friends – whoever you are, Energise Me wants to reach you. For us, becoming a Charity allowed us to connect with more people who share our dreams and ambitions to make a difference to our local communities and the people in them.

We want to beat inactivity and the team at Energise Me are here to make that a reality. Of course, the past year has been a huge learning curve but, never ones to shy away from a challenge we've tackled it all, head on, with a smile on our faces and a skip in our step.

"Over the past year, the Energise Me team has taken bold new steps into delivering community events, supporting our partners to gain skills that will help sport and physical activity to flourish and continued to inspire our devoted workforce – all of which you can read about in this report."

Against the backdrop of developing a new name and brand, setting up the new office, negotiating and developing all the legal elements, setting up new financial systems and developing a strategy to reflect our new mission, we've been beating our targets with one common goal in mind: to change lives through physical activity and sport.

The commitment and energy at Energise Me never falters and we want to thank everyone (partners, sponsors, staff and participants) who've helped to make our first year so successful. A big thank you also to our fabulous Board of Trustees, who all bring a wealth of knowledge and expertise with them to support the team and help us grow.

Lastly, I'd like to thank you for reading and for supporting Energise Me. If you'd like to know more about how you can help change lives, then the team would love to hear from you.

RICHARD MILLARD – CHAIR OF TRUSTEES

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WHAT WE DO

OUR VISION:
TO BEAT INACTIVITY.

OUR MISSION:
TO CHANGE LIVES THROUGH PHYSICAL ACTIVITY AND SPORT,
INSPIRING PEOPLE TO ADOPT ACTIVE LIFESTYLES THAT MAKE OUR
COMMUNITIES HAPPIER, HEALTHIER AND STRONGER.

OUR OBJECTIVES:

1. Working with and through local agencies to increase levels of participation in sport and physical activity.
2. Promoting and providing programmes and services for sport, recreation, physical activity, informal education and other leisure time activities for healthy recreation.
3. Promoting and providing facilities and services for recreational, sporting or other leisure time activities in the interests of the people of Hampshire and the Isle of Wight – whoever they are and whatever their needs.
4. Improving and maintaining good health and well-being through participation in healthy recreation.
5. Promoting and providing education, training and coaching courses which promote physical health and fitness.
6. Facilitating and providing impact evaluation, performance measurement and intelligence on sport, recreation, physical activity and wider health and well-being for the benefit of our communities and the people in them.

AS A TEAM, WE ARE:

COLLABORATIVE RESPECTFUL
PURPOSEFUL COMMITTED INNOVATIVE

THESE VALUES SIT AT THE FOREFRONT
OF EVERYTHING WE DO.

WHY WE DO IT

THE NATIONAL PICTURE ¹

17%

of deaths are caused by inactivity.

£1,760
TO £6,900

can be saved in healthcare costs per person by taking part in sport.

£20.3 BN

was contributed to the English economy in 2010 through sport and sport-related activity.

29%

increase in numeracy levels can be achieved by underachieving young people who take part in sport.

15.8%

is the reduction in crime and anti-social behaviour in areas where at-risk youth have participated in sport for development programmes.

40%

The number of children meeting the recommended amount of physical activity for healthy development and to maintain a healthy weight, which is 60 minutes a day, drops by 40% as they move through primary school.



THE LOCAL PICTURE

17.7%

of the Energise Me population have a long-term health problem or disability.¹

810

deaths are estimated to be prevented per year if 75% of the population in the Energise Me area aged 40 – 79 were engaged in the recommended levels of physical activity.¹

26.4%

of the Energise Me adult population are inactive – doing less than 30 minutes of physical activity a week; levels of inactivity highest amongst women (30.5% compared to 22.0% in men) and those with a limiting illness or disability (47.9%).²

£27.8M

is the estimated health costs of inactivity in the Energise Me community.¹

18,000

of those aged 5-16 in Hampshire will, at any one time, have a diagnosable mental health problem.³

MAKING A DIFFERENCE THROUGH PHYSICAL ACTIVITY

We know that being physically active not only has a huge effect on people's physical well-being but also their mental well-being. It has been found that regular physical activity can reduce the risk of depression by up to 30% in adults⁴. A recent survey by Public Health England and Disney also showed that being active made most 5 to 11 year olds feel happier (79%), more confident (72%), and more sociable (74%), according to their parents.

Our case studies show the positive impact of our work, but we still have a way to go to beat inactivity and there are some clear areas for growth and opportunities going forward.

¹. www.sportengland.org/our-work/local-work/partnering-local-government/local-sports-data. ². Sport England Active People Survey Jan 2012 – Jan 2016
³. Make it worthwhile, a joint Hampshire strategy for emotional well-being and mental health (Children & Young People) ⁴. Public Health England – Health matters: getting every adult active every day

HELLO FROM OUR CHIEF EXEC



2016-17 has been a busy and exciting year for the Energise Me team, we've become an independent charity, changed our name and even moved offices. Despite all this, the team has been committed to our mission to change people's lives through physical activity and sport and what a year it's been.

HERE ARE JUST A FEW OF THE HIGHLIGHTS:

Our Sport England programmes, Sportivate and Satellite Clubs, have supported thousands of young people in getting active and in creating regular activity habits.

Breeze Cycling is going from strength to strength in the county and we've seen more women than ever getting back on their bikes over the last year.

The Hampshire School Games continues to grow, building on the legacy of London 2012 and Rio 2016, getting schools and children together from across Hampshire and Isle of Wight to compete in the biggest school sport competition in the county.

Physical activity doesn't have to be competitive though. We've seen fantastic take up on our Golden Mile initiative so far, which we've been rolling out across our local primary schools, to help create a way in which schools can introduce a simple way to get their pupils more active during the school day.

We've continued to invigorate companies and their employees through our Workplace Challenge programme. Local businesses also share our mission and values, resulting in our partnership with Irwin Mitchell, a firm strongly committed to disability sport, who proudly supported this year's Energise Me Awards.

Our sector is changing and we've been working hard to support our partners to think differently about sport and physical activity. Making sure we never stand still, are always looking to the future and are always asking the question why?

It's not just about the numbers, which are showcased on the next page. You'll read some truly inspirational stories, showing some of the ways we've been supporting the sector and getting people active over the last year, really demonstrating the impact our charity has on local people, our communities and partner organisations.

Our new charitable status and the change in national policy has helped us to explore new partnerships across Hampshire and the Isle of Wight to help us beat inactivity. These new collaborations will be increasingly important to the work of Energise Me in the coming months and years.

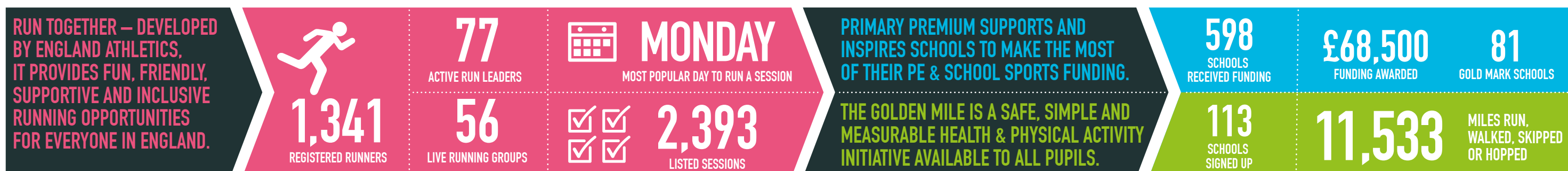
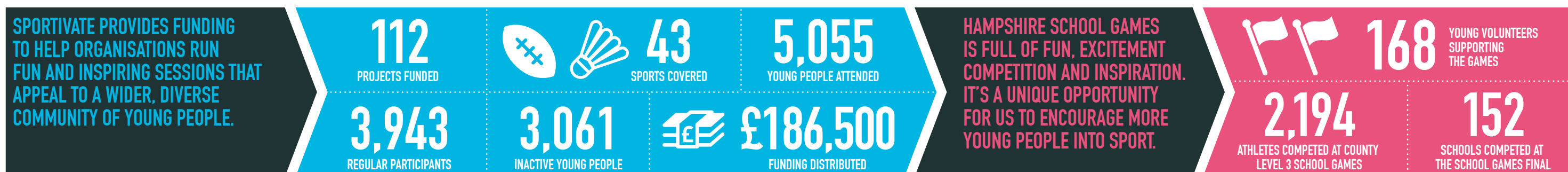
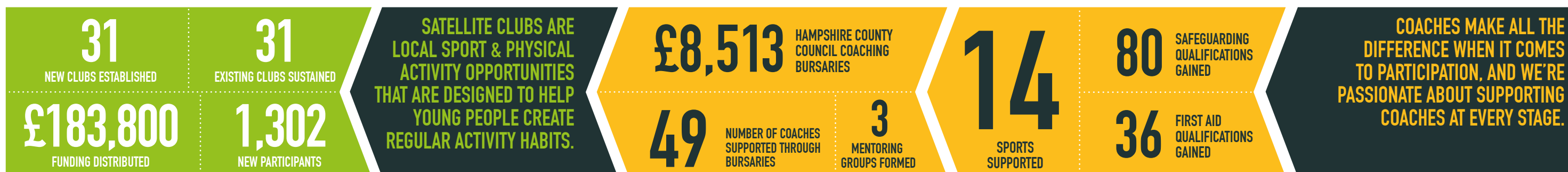
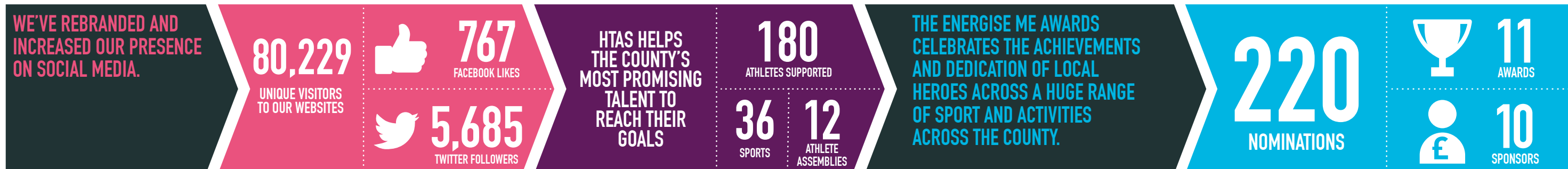
Through 2017/18 we will be leading the work to develop our new partnership strategy for the Hampshire and Isle of Wight area. We look forward to collaborating with partners old and new to help our communities become more active.

JULIE AMIES – CHIEF EXECUTIVE

TRUSTEES' ANNUAL REPORT & ACCOUNTS

This Annual Review complements the Trustees' Annual Report and Accounts, which provides the financial picture of Energise Me. The accounts will be published on the Charity Commission website.

A WALK THROUGH OUR YEAR



GROWING TOGETHER

When you have a baby, coping with the physical changes and the toll it takes on your body is tough enough – but add trying to exercise into that mix?

It's a challenge that, for a lot of women, is overwhelming and impractical.

FAMILY MATTERS

For younger mums, having a baby leaves them at a higher risk of poor educational achievement, poor physical and mental well-being, social isolation and poverty. We know that exercise can have a positive impact on these areas. We also know that if a mum has a positive attitude towards sport and activity, then they're helping their child to love it too.

The fantastic This Girl Can campaign celebrates and encourages women at every level to embrace sport and activity without shame – get back to it, clear your mind, put your game face on!

Becoming a mum often also means that you don't quite reach your pre-parenthood activity levels. We wanted to help mums to get up and get access to exercise that fits in with their lives.

We want to change their lives, and their families' lives too.

THIS MUM CAN

We reached out to Yellow Brick Road Projects, a charity that supports young people to become more independent. They connected us with a group of young mums aged 17 to 27 years in Andover who, for a variety of different reasons, were low in confidence and weren't doing regular physical activity.

We worked with the group to chat about the barriers, which so many mums must be experiencing:

- Costs
- Finding childcare
- Getting there
- Having the right outfit
- Lacking confidence
- Finding the time



SPORTIVATE FUNDING

With the help of Sportivate funding, we teamed up with Andover Leisure Centre to offer the mums a free weekly activity with a free crèche place for 10 weeks. Unfortunately, it was too much of a leap for some, so we headed back to the drawing board. It became obvious that we needed to change two things: **the venue** and **finding the right person** to deliver the session.

We found Fiona who came and delivered a DanceFit session at the Children's Centre as part of their regular weekly Young Mums Matter session.

Everyone was at ease with the setting which meant familiarity and no fear of judgement, alongside the added bonus of an onsite crèche. Fiona was 100% the right person for the role; with a young family herself, she really understood what the ladies were going through and was able to be a fantastic support for their confidence and self-esteem.

There was a sense of anxiousness in the air to begin with but taking things slowly, talking about how they felt and giving them the freedom to take things at their own pace meant that everyone was dressed and raring to go as the weeks went on.

Sessions were also becoming the talk of the group, which saw some new faces joining. The classes were completely unique and full of great energy from everyone and plenty of giggles!

When given the option to take a break or have another track, they all opted for another track!

By the end of it, many of the ladies had the confidence to suggest tracks and even lead their own dances! The change in the group was huge and they were all keen to keep it up.

MAKING A DIFFERENCE

The mums were the driving force taking the project forward and Yellow Brick Road Projects worked with them to look at how they could make sure they kept active. They couldn't cover the cost of Fiona, but were determined to continue their hard work. One of the girls arranged for a voluntary personal trainer to come in and run some sessions.

Since working with them, we're thrilled to hear that three ladies have gained the confidence to attend one of Fiona's DanceFit sessions in the community.

We want women, including mums, to be able to embrace physical activity no matter how well they do it, what they look like or how red they are.



“(I feel) more motivated to get out and keep fit.”

“(I have) more confidence and I'm feeling happy to do exercise.”

“Sessions have been lots of fun. I've made new friends and had a laugh.”

PARTICIPANTS

“One of the ladies in the group was particularly anxious, extremely low in confidence and worried about her weight. As a result of taking part in this project, she noticeably grew in confidence, lost weight and became fitter. She was really supportive and encouraging to others taking part, smiling more, far happier in herself and bonding more with her child. She has continued to exercise, now going regularly to the gym, and has become far more independent.”

DID YOU KNOW?

A 2014 STUDY SHOWED THAT JUST 53% OF MOTHERS ENGAGED IN 30 MINUTES OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY AT LEAST ONCE A WEEK.

BUT...

All of the women we spoke to said that they were keen to exercise more. We wanted to make that happen!⁵

LOOKING AHEAD

We hope we can get more mums across our area to build their confidence and provide them with a sweaty, exhilarating and feel-good opportunity to take time for themselves. Our “This Mum Can” project will be rolling out in Basingstoke, East Hampshire, Gosport, Havant and Winchester in 2017/18.

5. Kathryn R. Hesketh et al (2014). Activity Levels in Mothers and their Preschool Children. Journal of Pediatrics, March 2014. Photos courtesy of Sport England This Girl Can campaign.

THE GOLDEN MILE

Young people spend a lot of time sat at their desks during the school day and this needs to change! CAN YOU BELIEVE... the number of children meeting the recommended amount of physical activity drops by 40% as they move through primary school?

Low confidence levels in young people is common when it comes to taking part in sport and physical activity, which means they then shy away from getting active.

22% of children worry about not being very good at sport. Energise Me and Hampshire School Nurses realised there was a need for a county-wide push to help schools deliver a programme that reached both children who were worried that they couldn't do it and those who did feel comfortable.

POSITIVE CHANGE

Being more active can have a huge positive impact on the lives of our children, not only on their fitness but their mental well-being, confidence and behaviour during class time. We wanted to increase the amount of time primary school pupils across Hampshire and the Isle of Wight are being physically active in their school day.

Fitting physical activity, outside of PE lessons, into the school day can be a challenge for teachers, so we knew that whatever we created, it had to be flexible and easy to adopt into everyday school life.

THE GOLDEN MILE WAS BORN!

Pupils get more active during their school days by walking, jogging or running around a measured distance (The Golden Mile track) within the safety of the school grounds. Pupils keep track of their laps, which are then logged on The Golden Mile portal.

It was important to us that anyone could take part in The Golden Mile so we made sure it was:

- Accessible to all – regardless of their current activity and fitness levels
- Flexible
- Adaptable to any space available to a school
- Able to track pupils' improvement.

WHY IT MATTERS

79% OF 5-11 YEAR OLDS FEEL HAPPIER WHEN THEY'RE ACTIVE

72% CHILDREN FEEL MORE CONFIDENT WHEN THEY'RE DOING PHYSICAL ACTIVITY

74% ARE MORE SOCIABLE AFTER DOING PHYSICAL ACTIVITY



DON'T FORGET...

The Golden Mile is completely flexible. It's up to each school how they run it.

The Golden Mile is free of charge to schools who sign up with Energise Me.

GETTING STARTED

- We collaborated with Public Health, Hampshire School Nurses, School Games Organisers, Local Authorities and Premier Education to promote the initiative.
- We worked closely with Primary Schools to help introduce The Golden Mile into their school days.
- We encouraged each school to appoint pupils as Golden Mile monitors to take the lead on the project and champion it in their school.
- We ran cluster training with 42 schools across seven workshops.
- We delivered seven follow-up 1-1 training sessions with schools.
- We gave schools access to The Golden Mile portal, run by Premier Education, to start logging and tracking their pupils' miles.
- We handed out t-shirts to Golden Mile monitors along with resources to schools.

"The Golden Mile is fab, it really encourages the pupils to build on their stamina and we've seen a great improvement especially in the less physical pupils."

NITON PRIMARY SCHOOL

"I like the Golden Mile because you can do whatever you like. Walk, run or anything."

PARTICIPANT

THE GOLDEN MILE SO FAR

2016-17

113 SCHOOLS SIGNED UP

OVER 5,000 CHILDREN TAKING PART
11,533 MILES ALREADY CLOCKED UP



"We have seen a positive impact on children settling to their work with more focus as they have had a bit of exercise. Parents have reported that their children are buzzing about 'clocking up' their Golden Miles in school and it also has stimulated an active approach at weekends for them as a family too!"

NEWCHURCH PRIMARY SCHOOL

LOOKING AHEAD

We'll be re-launching the programme in September 2017, with help from our partners and our brand new Golden Mile video to get more schools set up and raring to take part. We'll also continue to support those who are already championing The Golden Mile in their school to keep up the hard work. We've got termly challenges to give schools the chance to take part in some friendly competition and have targets to aim for too. Watch this space!

COACHING THAT'S FIT FOR THE FUTURE

BUILDING A COMMUNITY

You, your mum, your dad or your friend could be part of our coaching workforce...you just don't know it yet!

The right person leading a session can make all the difference between someone loving an activity and hating it.

We are connecting, communicating and collaborating with our workforce to create a more diverse "coaching" community who will provide good, positive activity experiences to help create habits for life within our communities.

We know the support we offer coaches to recruit, develop and keep them is crucial to building this strong "coaching" network. Having this coaching team means anyone, no matter their goal – whether it is to run one mile or a marathon – has the right support behind them to achieve it.

CURRENT STATE OF PLAY

Our Coaching plan is created with the participant in mind, ensuring coaches are providing the right activity for them. The new outline from Sport England gave us an opportunity to work with more autonomy and explore avenues to create a clear route for all our coaches to develop and reach their full potential – whatever level they're coaching at.

BRINGING THE ROLE TO LIFE



Coaching in an Active Nation – The Coaching plan for England, 2017-21, Sport England

We need to get these people to challenge themselves to think differently when it comes to the part they play in getting people active in Hampshire and the Isle of Wight.

HERE'S SOME OF THE WAYS WE'VE BEEN DOING THIS:

CROSS SPORT COACHING

We're encouraging the cross-sport approach to coach development which we began to introduce to our coaches through the Talent Programme run in 2016-17. Coaches enrolled on the programme worked with highly experienced mentors but specifically from a different sport to the coach.

We wanted to provoke thoughtful, challenging conversations and for our coaches to develop their skills and knowledge.

EVEN THE TOP TEAMS ARE DOING IT...

England Rugby made headlines in 2016/17 when Eddie Jones called in Team GB's women's hockey coach to inspire his team.

FEMALE MENTORING GROUPS

We wanted to understand and support female coaches in the best way we could so, as part of Project 500, we set up informal mentoring groups in cycling and football.

The groups met at informal venues, such as local cafés and with an emphasis on the social element, were able to chat through themes with the aim of finding out more about their journey into coaching. We've been using this insight to advise coaches on how they can make better use of their softer skills and marketing of female sessions.

Take a look at Project 500 and Reach to see how we support and encourage women to get into coaching.

BURSARY & WORKSHOP SUPPORT

Coaching qualifications can be expensive and a minefield for coaches to navigate. This shouldn't stop those passionate about supporting others so our bursary scheme, funded by Hampshire County Council, helps ease the pressure for our coaches and we're able to provide help and advice about what they can do next. We also support with workshops such as Safeguarding and First Aid which National Governing Bodies might not be able to provide locally.

INFORMING THE FUTURE

The ability to develop and blend informal learning opportunities, alongside our more formal programmes, has given us great insight into how our diverse workforce chooses to engage in learning. Having a dedicated focus on themed areas of workforce development has fostered innovation and creativity for coaches working in talent environments, female coaches and the development of a disability coaching network.

Building closer relationships with all our coaches has played a pivotal role in seeking honest and constructive feedback and has meant that we can test ideas and shape new offers with their input.

It's been invaluable and refreshing for us to be doing things differently and has reaffirmed that insight is fundamental to our progress. Every contact with one of our coaches is an opportunity for us to learn and we're dedicated to providing them with workshops, support and information on areas they need help in.

We're continuing to move with the times and will be working hard to develop ways for cross platform communication, using various technology to reach, engage and chat with our local coaches – making sure we're meeting their needs and they can learn when, where and how it suits them.

WHY IT MATTERS

Paul started coaching 8 years ago – he wanted to put something back into the sport that he loves. Gosport Ice Rink is his second home, and it's here that he works with everyone from young to old, beginners and experts, across the ability spectrum.

For seven years, Paul has been coaching Jonathan, who has Downs Syndrome, autism and floppy limb syndrome.

On paper Jonathan shouldn't really be able to stand up on the ice and his learning difficulty affects his comprehension to be able to do things without help. But Paul has invested six years of one-to-one coaching with Jonathan, adapting and refining his approach so that Jonathan could grow and develop despite the challenges he faces.

With Paul's help, it took Jonathan just over 12 months to balance and stand up on the ice but thanks to his positive attitude and Paul's unwavering dedication, they've overcome all of this together so that Jonathan can compete against others.

This individual and tailored approach to coaching is exactly what we're working hard to achieve. We know that having the right person with the right approach plays a huge part in increasing levels of participation. It can be the difference between someone who comes along every week, eager to put his boots on, and someone who finds it hard to find the motivation to go.

"When Jonathan skates, even in training, he does it with the biggest smile on his face."



BEING SAFE IN SPORT

HITTING THE HEADLINES

Safeguarding children in sport has been in the headlines over the past 12 months for all the wrong reasons. Despite this, we have thousands of eager volunteers across hundreds of clubs in Hampshire and the Isle of Wight who are dedicated to getting people active.

From coaches to activators, leaders to treasurers, referees and officials – they're all committed to making a difference in keeping children safe and sound while they're enjoying sport. We realised that we could do more to help them become safeguarding savvy.

It's not surprising that safeguarding has had some negative attention recently – it can be a tricky area, with regulations and advice constantly changing.

We wanted to give people some reassurance that they were doing the right things and to get people talking, sharing and taking positive steps.

DOWN TO THE DETAIL

It's important that anyone playing sport feels safe and secure while they're doing it and if you ask any coach or leader, it's always their number one priority during any session. But through feedback from our clubs and organisations, it was clear that they needed **conversations** around safeguarding.

They wanted to know if they were asking the right questions, to make sure they were doing everything they could to make their safeguarding practices as good as possible.

There's a lot of information around about safeguarding so getting to grips with the detail can take some time. We sifted through all that information and pulled together the key messages to create a simple Check and Challenge Toolkit, which anyone can use.

The toolkit highlights the areas where there's potential for conflict and confusion, as well as assumptions clubs and facility providers often make.

CONNECTING

We ran four workshops across the county where clubs, coaches, schools and leisure providers all came to share experiences, take part in activities and ask questions.

We encouraged participants to test and trial the content of the toolkit and feedback their experiences so tweaks could be made based on what they told us.

A SAFER FUTURE

Our goal is to make sure that local clubs, facilities and sport/physical activity providers across the county have the confidence and the tools to check and challenge what they're doing. This means that their sessions will be enjoyable and safe for everyone.

As soon as it's finished, the Check and Challenge Toolkit will be available to download from our website. Partners will be able to follow links to further support such as NSPCC Child Protection in Sport Unit resources, print off, complete and sign the checklist showing clearly who'll be doing what, how and when. We know that information and procedures around safeguarding will keep changing, so our work won't stop here.

"The guidance notes are good – it covers what needs to be read and the important procedures with concise information and useful links."

"The toolkit is a great idea as you can refer to any grey areas and ensure you implement the correct procedures to erase the uncertainty."

"Very informative and interesting talk which provides lots of different scenarios and examples on where coaches need to think about safeguarding."

WORKSHOP ATTENDEES

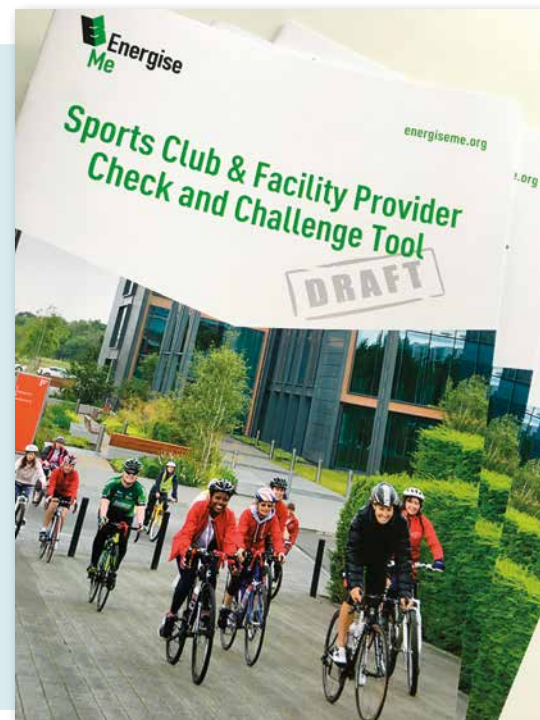
Feeling safe and supported allows people to get the best possible experience of their sport or activity, enjoying themselves, feeling positive and having fun. These are essential ingredients in making sure that people will carry on taking part and encourage their family and friends to get involved too.

THINGS TO THINK ABOUT

Do your policies and procedures recognise outside deliverers?

Do your policies recognise you using alternative venues and/or working with another organisation?

Whose policies and procedures do you follow in the event of an incident?



EVALUATING SUCCESS

WORK IT OUT

Evaluation is changing! The department for Digital, Culture Media & Sport wants us to show that change is happening and that people's behaviours are shifting. We wanted to get our partners across Hampshire and the Isle of Wight thinking differently and make sure that they were in the best place to be able to show all of this.

It's no longer just about evaluating numbers and statistics. It's about measuring what people do and why they're doing it, so we set out to give our partners a better understanding of the techniques they could use and the tools available to them.

We wanted to help them design frameworks that were fighting fit for evaluating physical activity programmes and initiatives so that their impact can be shouted about. It's also key to providing future opportunities that will help change lives.

By working with our partners to increase their knowledge of evaluation and its techniques, we'll be ensuring that they continue to attract funding for the right projects that reach the right people.

MEASURING SUCCESS

We knew that we had to get everyone together and give them the opportunity to get to grips with everything they can do to make a difference to their evaluation.

We collaborated with Hampshire Public Health and ran the Physical Activity Evaluation Event. The day was jam packed with workshops, information, speakers and tools to give people:

- An understanding of different stakeholder perspectives, so that it was clear what type of evaluation they needed and why it was important to their planning.
- Improved knowledge and skills in evaluation design, identifying and measuring their outcomes and assessing how they put it into action.
- Help and support to develop new collaborations and put evaluation at the heart of all their physical activity interventions.
- Advice on moving at scale – learning how to adopt what works on a larger scale.

LOOKING AHEAD

We know from the overwhelming feedback that everyone who came along went away with confidence knowing that they had a host of tools and techniques to take their evaluation up a level.

It was fantastic to see that we'd sparked a fire in the delegates and that they wanted to continue to learn and improve. Requests for more training on logic models, evaluation design and reports led us to creating a Logic Model training day and we're working on providing more workshops and training for 2017/18.

Helping our partners to think about their aims, outcomes and activities with an evaluation hat on is essential to creating a healthy future for Hampshire and the Isle of Wight.

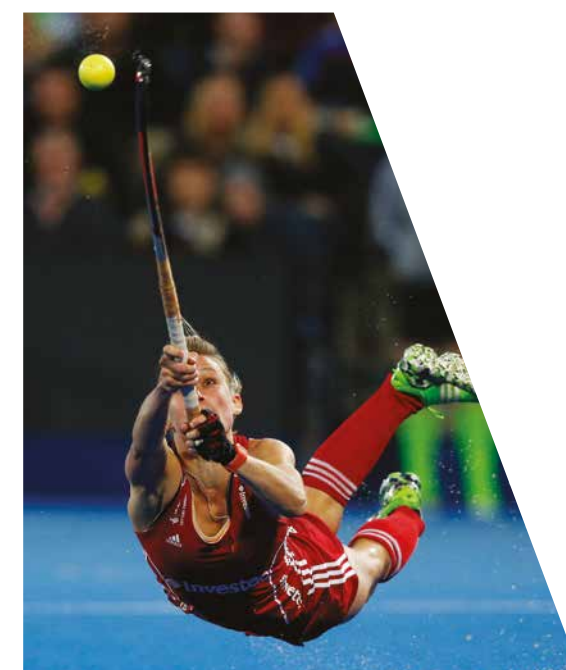


"It encouraged a change of thinking regarding evaluation. Thinking of evaluation at the start of any project as opposed to just the end will help hugely along with working in partnerships with independent evaluation bodies to make sure there's an unbiased approach."

DELEGATE

"We'll be looking to evaluate so much more of what we do, but also reviewing what we ask and why, making it appropriate for the activity."

DELEGATE



A ROCKY ROAD TO THE TOP

The road to becoming a top-level athlete can be a rocky one. The pressure to travel far and wide to enter competitions and train at the highest level, the amount of time committed to both of those elements and the increasing costs of equipment all make the steps towards becoming a champion a little bigger.

When athletes reach a crucial crossroads in their sporting lives, which usually happens around age 14⁶, the pressures of being a young person add another element into the already complicated journey that they have to face to become successful.

We want all our talented athletes to have the support around them that they need to overcome these challenges.



“At the beginning of the 2016 season, I hit a plateau. I had not hit the qualification standard for English Schools’ and was getting very stressed. I overcame this thanks to HTAS, as they offered sports psychology workshops. These workshops enabled me to sort my head out so I could get out of the plateau. Without this support, I may have not got out of this, and then never qualified for English Schools’ and then the Schools’ International event. Without this I would have had a very different season, and I am very grateful for the support I received from HTAS”.



REACHING THE NEXT LEVEL

With many young adults relying on parents to take them to and from training and competitions, the level of dedication required is increasingly hard for the whole family. Easing the pressure enables our talented athletes to focus on what's important, knowing that they're supported and looked after.

HAMPSHIRE TALENTED ATHLETE SCHEME (HTAS)

Funded by Hampshire County Council, managed by Energise Me, HTAS pulls together a number of services and funding for some of our talented athletes living in Hampshire. Our support falls into two categories – Grant and Non-Grant Package.

Grant applications are open every September for 6 weeks, and Non-Grant applications are accepted throughout the year, so that we can continue to help as many people as we can get the support they need.

In 2016/17 we helped support over 200 local athletes.

WHAT WE OFFER

- Free access to participating leisure centres to make the most of training facilities
- A fast-track physiotherapy service
- Sport science and lifestyle support with access to the latest research and techniques
- Help with public speaking and presentation skills
- Grant to support with training, equipment and competition costs*
- Bus pass for independent travel*.

* September applications only.



INSPIRING THE NEXT GENERATION

We're keen for our HTAS members to make appearances at local schools to talk about their experiences and inspire children to get more active. We hope that by using our talented athletes as role models and inspirational figures, we will encourage more young people to create a sporting habit for life and inspire them to reach their goals, no matter what they are. It also helps prepare our athletes for press conferences and media appearances as their success grows.

“Energise Me has helped me with my confidence, knowing I am good at what I do is one thing, but knowing that someone else knows I am good at what I do, is huge.”

SERENA VINCENT, ATHLETICS

“HTAS is giving me recognition and opportunity to improve upon my knowledge of how to be a better sports person.”

TOM MENLOVE, SWIMMER

HAMPSHIRE ATHLETES AT RIO 2016

Many of our current and former talented athletes are reaping the benefits of HTAS and have become Olympic and Paralympic champions.

ALEX DANSON
(FORMER HTAS ATHLETE)

Gold medallist with the GB Women's Hockey team.



ALICE TAI
(CURRENT HTAS ATHLETE)

Bronze medallist in the S10 100m backstroke, Gold medallist women's relay team.



GEORGINA HERMITAGE
(FORMER HTAS ATHLETE)

Gold medallist in the T37 100 metres and T37 400m.



MICKY JONES
(CURRENT HTAS ATHLETE)

Gold Medallist in the S7 400m freestyle.



DAVID SMITH
(FORMER HTAS ATHLETE)

Gold medallist in Boccia.



OLIVIA BREEN
(FORMER HTAS ATHLETE)

T38 100 metre participant.



STEPHANIE TWELL
(FORMER HTAS ATHLETE)

5000 metre participant.



We will continue to help our Hampshire athletes reach the main stage by providing grant and non-grant support. The programme continues to develop and over the next year, through feedback from athletes and by working with local universities, we have a variety of upcoming workshops. These include managing mental health, building confidence and managing yourself in competition.

BREEZE CYCLING

PEDAL POWER

We need to be doing more to help women to get up and get moving! With women, more likely to be inactive than men⁷, initiatives that are targeted towards women have become vital to our mission of getting people doing more.

British Cycling wants to get one million more women on their bikes by 2020 and we were determined to play our part.

HSBC UK Breeze offers women fun, free bike rides, as well as plenty of support and inspiration across the UK. More than 2,000 trained volunteer Breeze Champions organise and lead the rides across the country, and in Hampshire our Breeze Champions have taken over 2,000 women out on their bikes this year – building friendships and confidence.

Getting more women trained, leading and enjoying cycling across Hampshire and the Isle of Wight is our way of being able to play an important part in changing women's lives – and it's working.



MEET LAURA

Born with Arthrogryposis Multiplex Congenita (curving of the joints), sport and physical activity has always been a challenge for Laura. She has two cycle-mad kids to keep up with, and after putting them on a waiting list for a nearby Go-Ride kids club, she decided to volunteer to take a coaching course and help out. She also wanted to start cycling again to help her coaching, shed some weight, and keep up with her kids.

Laura couldn't join a gym class, or go for a run, but she discovered that cycling gave her a freedom and independence she never thought possible.

FRIENDSHIPS FOR LIFE

Laura loved her experience with Breeze so much that she signed up to become a Breeze Champion, wanting other women to get a kick from being out and about on their bikes and making friends for life.

"Breeze has given me friendships for life in my fellow leaders that I never would have thought possible. We get on so well and they know everything about my needs and I never, ever feel a burden." Laura teamed up with Jillian, a fellow Breeze Champion to lead Get Back on Your Bike sessions for women who were lacking confidence to get on their bikes.

Over 160 women came along to sessions across the county. Through Laura's, Jillian's and the rest of our champions' warmth and enthusiasm, encouraging ladies to come along to a Breeze bike ride, we've seen a 55% increase in the number of women taking part.

Laura also supported a women's cycling evening held at Pedal Heaven, making sure that lots of her Breeze community came along to listen and learn about new opportunities.

"My self-confidence when it came to physical ability was still low, so I looked around for a cycling group. A quick bit of googling led me to Breeze. I nervously emailed my local Champions to explain my situation, worried I'd be a burden on a group if I had to turn back. The Breeze Champions alleviated my fears and gave me the confidence to ride with others outside of the family, which I realised I'd never done before. My first Breeze ride was so much fun, and I came away incredibly proud of my achievement."

"My bike gives me a freedom and independence that, quite frankly I never thought I'd have. Riding my first ever 30+ mile ride this year was a tearful milestone."

"I can't even walk down the drive without pain. But when I'm on my bike, I can keep up with anyone."



CHANGING LIVES

Café rides are always popular, with coffee and a natter all part of the fun. Laura was excited to start leading rides once she became a Breeze Champion. Over 30 miles, Laura peddled and partnered with her group giving them advice and championing their effort and commitment.

It's not just women Laura's been inspiring. When she realised that there was no local Go-Ride kids cycling club, she dived in without hesitation to set one up. Teaming up with local cycle shop, Pedal Heaven, she began a Facebook page and before she knew it, Laura had a waiting list of kids eager to take part.

"It was only the next day, when Laura mentioned how tired she was after the ride, that it dawned on me just how much being part of the Breeze Team has changed her life. It's one area of her life where no allowances are made; she's just one of the team."

JILLIAN, BREEZE CHAMPION

We now have a team of Breeze Champions delivering coaching sessions and regular rides for women from a few miles on the cycle paths to 50+ out on the roads. We know that we're helping to make a positive difference to people's lives, and it's through people like Laura that we can see how much it means to them.

MAKING IT POSSIBLE

- Building strong relationships with other organisations is key to getting more women back on their bikes, making rides available and creating learning opportunities (i.e. bike maintenance).
- We want Breeze to continue to grow across the county and will be working hard to do some targeted work to reach more inactive women and the younger audience.
- We will continue building relationships with other organisations and are always looking for new partners to work with across the county to get more women cycling!

WHAT OUR PARTNERS THINK

In 2016 Energise Me consulted with partners, receiving 58 responses from local authorities (leisure teams as well as other services), school sport deliverers, other charitable organisations and local national governing bodies.

HERE'S WHAT THEY SAID

94%

of partners said that Energise Me added value to their work

97%

of partners said they were satisfied or very satisfied with the quality of support and advice given by Energise Me

45

Net Promoter Score*

"Energise Me have always been friendly, supportive, approachable and professional in every aspect of my work with them. I thoroughly enjoy working collaboratively with their team and nothing is ever too much trouble. Their efforts are very much appreciated."

"Thorough knowledge around sport and physical activity."

"Approachable and innovative."

Working with our partners is key to helping our local communities to come together to tackle the everyday issue of inactivity and sedentary lifestyles. We look forward to working with both new and existing partners to beat inactivity!

*NPS explained – the measure of an organisation's relationship with its customers/partners. The score can be as low as -100 or as high as +100. A score higher than zero is considered good, whilst 50 and above is excellent.

WHAT'S NEXT FOR ENERGISE ME?

Big things are ahead for 2017/18 for the people and partners we work with and for us as an organisation. Our commitment to changing people's lives through sport and physical activity will continue to be shaped by the Government's Sporting Future – A New Strategy for an Active Nation and Sport England's Towards an Active Nation strategy.

YOU'LL SEE US TACKLING MORE ADVERSITY, ENCOURAGING MORE PEOPLE TO MAKE CHANGES TO THEIR LIVES AND SUPPORTING MORE PROJECTS AND INITIATIVES TO TURN THE FUTURE INTO A HEALTHY ONE.

HERE'S A FLAVOUR OF WHAT WE'LL DO IN 2017/18:

- We want to beat inactivity across Hampshire and the Isle of Wight. We'll create and publish our 5-year strategy, focussing on under-represented groups or people with lower levels of activity like women, people with a limiting illness or disability and children and young people.
- We'll nurture our relationships with partners and build new relationships with likeminded people who can help us reach our target audiences.
- We're committed to growing our insight knowledge so that we can become influencers in beating inactivity. This will help us, and our partners, to develop strong investment bids.
- We'll support the Energise Me network to secure funding and implement strong evaluation within their projects.
- Our support for schools won't waver – we'll continue to provide high quality PE and School Sport using Primary Premium funding.
- The coaching workforce will advance – our focus will be on getting people who are inactive active.
- We'll continue to put strong governance at the forefront of our work to meet the new gold standards of the Code for Sports Governance as well as the legal responsibilities set out by the Charity Commission.
- Our exciting physical activity programmes and community events will continue as we try to reach as many people as we can across Hampshire and the Isle of Wight.
- Our partners will be encouraged to share their data and insight so that they can contribute towards innovative opportunities for people to be active.
- Clubs and organisations will continue to get first-class information and training from us.
- We'll support the development of athletes so that they can achieve their goals and aspirations.



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IF YOU'D LIKE TO SUPPORT US IN OUR MISSION
AND CHANGE LIVES THROUGH PHYSICAL ACTIVITY
AND SPORT, PLEASE GET IN TOUCH.

