Energise Me. Impact Report, 2023 to 2024.

We are working hard to create happier, healthier communities. Here's what we've been up to throughout this past year.

Positive early experiences.

The Hampshire School Games Festival hosted 1205 children from 119 schools, over 25% of children had additional learning and physical needs and the festival helped to attract those less likely to be active.

A quote from a teacher says our children thoroughly enjoyed their day and all loved accessing their activities at their level, regardless of abilities. All felt and were fully included, and clearly were loving life, which was just perfect to see.

Opening school facilities £214,000 funding across 28 schools.

A quote from a teacher says the OSF funding has been instrumental in reaching and supporting our less active and engaged students by allowing us to develop Special Education Needs and Disability friendly exercise programmes.

The engaging young people toolkit had 201 downloads and 85 workshop attendees.

Opportunities that meet our needs.

The Hampshire active health programme. Delivered £1.4 million of funding across 32 projects to tackle health inequalities through physical activity.

And helped create 67 new connections across the county. A quote from an applicant says the system for applying has been so refreshing. You seem to really understand the challenges that charities are facing. So thank you for making this so simple and for being so supportive.

Investing in communities.

35 projects with over £200,000 worth of funding, helping 4830 people take part in physical activity.

As well as increasing their physical health, over 63% of people also benefited from improved mental health, improved confidence and trying something new.

One participant said the experience changed my life.

The Hampshire and Isle of Wight activity Finder has had over 2500 users and over 5500 in searches.

## Places and travel routes.

The Agency.

Three agents were awarded a total of £6000 to fund active through confidence goals by girls and green space.

A text conversation between the producer and the agents says Hi agents, what did you learn during your time at the agency?

One responds. Hi, nice to hear from you. I definitely learned a lot of team building skills from my time at the agency through the fun games and activities

Another agent responds, one thing I learned in the agency was to be more confident and push myself to do things I wouldn't normally do.

Another agent responds. One thing that I learned about the agency is that patience is important and to always trust the process.

Another agent responds. I have learned so many things that I will appreciate for the rest of my life, but the two things I always have in mind is to be myself. And the second thing is people that you care about will always be on your side.

Culture in common.

Culture and common has hosted activities such as school request, MS Dance, Dance for Boys, a witchy white scare maze, wheelchair dance, photo workshops, lantern parades and gardeners world projects.

14,231 people audience participants attended events. 91 new or enhanced events or festivals took place, and 123 creative and training workshops happened.

Good Gym Southampton.

In their first year, 52 good gym attendees took part in 127 community sessions. They got active by leafleting, gardening, building, animal pens, picking litter and more, covering 10,000 kilometres.

## Support to get started.

Eight general practices achieved the active practice charter.

Our head of health and strategy was appointed to the HIVCA Leadership Committee. That's the Hampshire and Isle of Wight, VCSE health and Care Alliance, aiming to integrate care across organisations to focus on preventative and community-based solutions.

Live longer Better.

Our work with live longer better was recognised by the Chief Medical Officer. 500 people engaged in champions awareness sessions. The website received 20,000 visits and learning and development was delivered in social care settings.

Storytelling.

We produced over 28 original stories.

Hadley’s wheelchair basketball story was read by over 488 people.

He says I remember when I first got the basket, I did a whole lap around the hall celebrating because I was so happy.

## Bold leaders

We launched a county wide equality, diversity and inclusion Group, which currently has 22 members.

We've participated in 52 local, regional and national networks, from activity alliances to safeguarding to mental health.

We’ve provided £7000 of funding for coaches across 14 different sports and activities to improve knowledge and skills across the local workforce.

We have 7 We can be active champions from 7 organisations covering 5 locations, Southampton, Portsmouth, Havant, Rushmore and Hythe.

Our team

We've had six new team members join us, bringing expertise in health, safeguarding, marketing and workforce.

We've learned together in topics like accessible communications, inclusive recruitment and insight and evaluation so that we could change how we did things and achieved forces friendly status.

Here's to helping Hampshire and the Isle of Wight become more active.

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