



**wesport**

INSPIRING ACTIVE LIVES

Annual Report 2016/17



# welcome

## Welcome to Wesport's Annual report for the 2016/17 financial year.

At a time of significant uncertainty, with funding under pressure, the team and Trustees at Wesport have continued to ensure Wesport fulfils its charitable purpose - to collectively increase, promote, support and celebrate lifelong participation in sport and realising potential for all.

A key part of Wesport's role is to build a detailed picture of the West of England and the four Unitary Authorities that make up the sub-region. This insight allows Wesport to make informed decisions about investments and utilise the data to influence policy makers and support funding bids from Wesport and partner organisations. The overview included in this annual report gives a snapshot of the data Wesport holds and helps put into context some of the impacts that Wesport has achieved in the last year.



Wesport seeks regular feedback on its delivery and support for organisations, and the feedback included helps to demonstrate the impact the team have had. With more than 14,500 people directly impacted and over £220,000 passed to local organisations, Wesport continues to make a difference, enabling more people to choose an active lifestyle.

Perhaps our biggest impact is our approach to collaborating with individuals and organisations, working together to develop sporting / physical activity opportunities. The Wesport team have worked with more than 800 partners across a wide range of organisations, supporting them to improve their knowledge and develop better, more sustainable opportunities. It is this dynamic network that makes the West of England one of the most active sub-regions in the country.

I would like to take this opportunity to thank our partners, whose hard work makes Wesport's impact possible, and the Wesport team and Trustees for their continued hard work on behalf of the organisation.

**Andrea Arlidge**  
**Chair of Trustees**



# an insight into the west of england

Wesport covers the four unitary authorities – Bath and North East Somerset, Bristol, North Somerset and South Gloucestershire – that together constitute the West of England area. Below are some key statistics that give you some insight into the population for this area.

## population

**1,113,268** people live in the West of England  
This is **20%** of the South West's and **4%** of England's Population  
There are **561,000** males and **570,268** females  
The largest age group is **20-24** and the average age is **37.7**

Source: Office of National Statistics - 2016 Population Estimate

## education

**148,687** children are in education in the West of England  
Of these, **87,808** are in Primary School and **60,879** are in Secondary School  
There are **342** Primary Schools and **94** Secondary Schools in the area

Source: Department for Education - Schools, Pupils and their Characteristics: January 2016



West of England Area Map Outline

## employment

**583,641** (80%) people (aged 16-64) who are in employment in the West of England <sup>(1)</sup>  
**131,319** (18%) (aged 16-64) people are classed as economically inactive in the West of England <sup>(1)</sup>  
**9,119** (1.25%) of people (aged 16-64) claim out-of-work benefits in the West of England <sup>(2)</sup>

Source: <sup>(1)</sup>ONS annual population survey 2016-17 & <sup>(2)</sup>ONS Claimants count June 2017

## health and obesity

**550,047** (61%) of adults (18+) are classed as overweight or obese in the West of England  
**12,649** (21%) reception year pupils and **10,066** (30%) of year 6 pupils are classed as overweight or obese in the West of England  
The average life expectancy is **80.2** years for males and **83.6** years for females.

Sources: Public Health Outcomes 2013-15 and National Childhood Measurement Programme 2015-16

## active lifestyles

**18%** of the West of England population are classed as Inactive (Less than 30 minutes activity per week)  
**12%** of the West of England population are classed as Fairly Active (30 - 150 minutes activity per week)  
**70%** of the West of England population are classed as Active (150+ minutes activity per week)

Source: Active Lives Survey 2017 - Sport England (excluding gardening activity)

# Here is what some of the people involved in our work thought



**"I just want to say a big thank you to your team. We had 3 teams at today's Winter School Games (handball, girls football & inclusion games) and all three activities were extremely well organised and ran superbly. I can honestly say all staff and pupils had a fantastic day... so thank you!"**  
(Teacher, secondary school who attended the Winter School Games 2017)



**"Thank you for a very enjoyable and informative day. We got lots of practical ideas for inclusion activities to use in our PE lessons and great insight on how to monitor data and impact of after school clubs/pupil participation."**  
(Teacher, primary school who attended our Primary P.E. Conference)



**"Crossing two sets of residents from differing cultural backdrops worked very well; it was pleasing to see so many people enjoying their day and one another. Eastern European, Jamaican, Brazilian, Somali and British. Bridging these gaps within a community event will always allow for further cohesion and acceptance"**  
(Pete, a Knightstone Empowerment Officer for the St Pauls Community in Bristol who was involved in the Knightstone Community Games Programmes)



**"Thanks for a great day last Friday, I can say this on behalf of all the lads that came with us that we all had a fantastic day and you can be sure to see us again next year!!"**  
(Attendee at the Wesport Charity Golf Day)



**"Overall, the Get on Track programme has given me a whole new lease of life, helped me do things I never would have, learnt so much from the others on the course and I will now always remember to never judge a book by its cover because you never really know a person until you spend the time to get to know them."**  
(DKH Get on Track Participant)



**"The club received invaluable support from the local sports partnership Wesport who introduced us to the Sport England Small Grants scheme and helped us put our project proposal together. We now are intending to offer a number of taster sessions around the Wesport area with the view to establishing smaller satellite clubs to help people to get into fencing."**  
(Representative from Bath Sword Club who we helped successfully access a Sport England Small Grant)

# our impact on the west of england

This year has been a fantastic year for Wesport. Through our various projects we have been able to reach people across the West of England area, whether that is through participating, coaching, volunteering, partnership working or accessing funding.

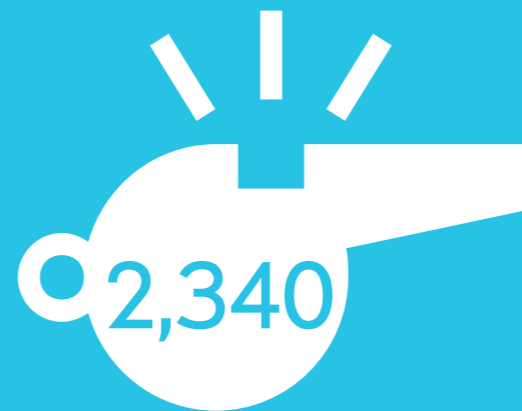
It has been brilliant to launch new programmes such as the Daily Mile which provides local primary schools with the resources and support to get their students running a mile a day during their school day. We are also pleased to see the continuing success of our existing programmes such as the Satellite clubs and Sportivate. These programmes have provided over £180,000 to help encourage young people to try a new or get back into a sport or physical activity.

This year has also been positive in terms of connecting with new and existing partners, as we look to build and strengthen our collaborative relationships. This continues to be a strong focus for us, as highlighted in our strategy which was also launched this year alongside our new branding.



**Number of people who have engaged with us**

- Daily Mile - 7,480
- School Games - 2,827
- Sportivate (Reached) - 2,413
- Community Games - 978
- Coach Education - 632
- Workplace Challenge - 546
- Satellite Clubs - 238
- Workplace Competitions - 234
- COSE - 196
- Primary School Teacher CPD - 62
- Young Coach Recognition Programme - 40
- PE Conference - 38
- Get on Track - 27
- Primary 1:1 meetings - 10



**Number of coaches who have engaged with us**

- CoachWest - 2,202
- Sportivate - 51
- Young Coach Recognition Programme - 40
- Talent Development Programme - 18
- Satellite Clubs - 15
- Community Games - 10
- Get on Track - 3
- Workplace Competitions - 1



**Number of partners we've worked with**

- Coach Ed - 233
- School Games - 130
- Workplace Challenge - 113
- Sports Development Forum - 84
- Funding Support - 60
- Primary School Teacher CPD - 52
- Daily Mile - 31
- PE Conference - 29
- Sportivate - 25
- Satellite Clubs - 15
- Get on Track - 12
- Community Games - 12
- Primary 1:1 meetings - 10
- Young Coach Recognition Programme - 7
- Workplace Competitions - 5



**Amount of funding we've helped partners to access**

- Sportivate - £136,928
- Satellite Clubs - £49,002
- Get on Track - £12,000
- Funding Support - £9,950
- Community Games - £7,721
- Young Coach Recognition Programme - £6,290
- Workplace Competitions - £150

# our impact on bath and north east somerset

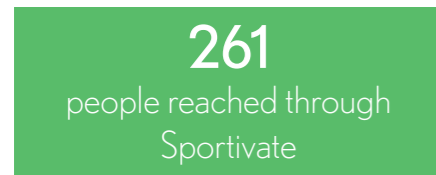
Bath and North East Somerset makes up around 17%<sup>1</sup> of the West of England population. Of this around 17%<sup>3</sup> of those are classed as physically inactive which is lower than the national average (25.6%<sup>3</sup>) and the West of England (18.1%<sup>3</sup>) average, however this still means around 32,000 people do not meet the Chief Medical Officer's recommendations for physical activity<sup>4</sup>.

Through our programmes this year we have been working to get more young people physically active, including providing support through our Daily Mile programme and providing opportunities through the West of England School Games and Sportivate. We have also supported local clubs to get over 100 volunteers and coaches the qualifications they need to provide safer environments for people to take part in sport and physical activity. We are also extremely pleased to have supported both Bath Sword Club and Julian House to secure funding to run physical activity programmes in the Bath and North East Somerset area.

## Headline figures



## Some highlights



## An insight into Bath and North East Somerset

**Unitary Authority** - Bath and North East Somerset (BANES) Council

**Population** - 187,751 (16.9% of the West of England population)<sup>1</sup>

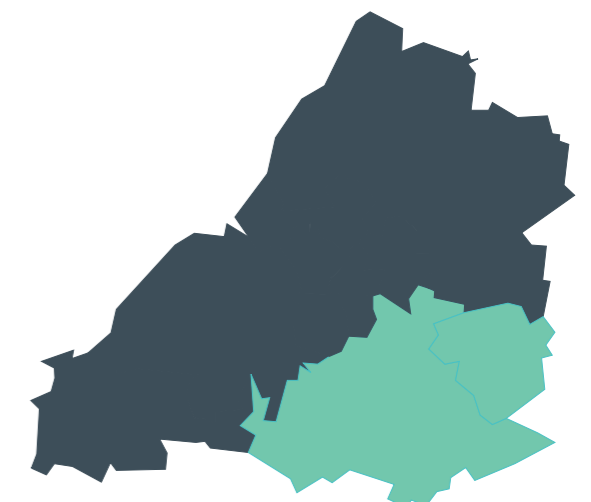
**Largest Age Group** - 20 - 24 (11.2% of BANES population)<sup>1</sup>

**Male/Female Spilt** - 49.3% Males and 50.7% Females<sup>1</sup>

**Health inequalities** - Life expectancy is 7.8 years lower for men and 3.6 years lower for women in the most deprived areas of Bath and North East Somerset than in the least deprived areas.<sup>2</sup>

**Health** - The health of people in Bath and North East Somerset is generally better than the England average. Bath and North East Somerset is one of the 20% least deprived districts/unitary authorities in England, however about 12% (3,500) of children live in low income families. Life expectancy for both men and women is higher than the England average.<sup>2</sup>

**Local Health Priorities** - preventing ill health by helping people to stay healthy; improving the quality of people's lives; and tackling health inequality by creating fairer life chances.<sup>2</sup>



Bath and North East Somerset's (BANES) location in the West of England

## Sports Participation in Bath and North East Somerset<sup>3</sup>

**17.1%**



**Inactive** - Do fewer than 30 minutes of physical activity per week

**14.3%**



**Fairly Active** - Do between 30 - 150 minutes of physical activity per week

**68.6%**



**Active** - Do more than 150 minutes of physical activity per week

Sources - <sup>1</sup>ONS Population Estimate 2016, <sup>2</sup>Public Health England - Health Profile 2017 BANES, <sup>3</sup>Sport England Active Lives Survey 2017 (excluding gardening activities) and <sup>4</sup>Chief Medical Officers guidelines for physical activity - [www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults)

# our impact on bristol

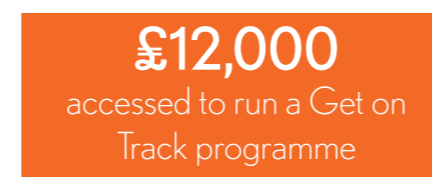
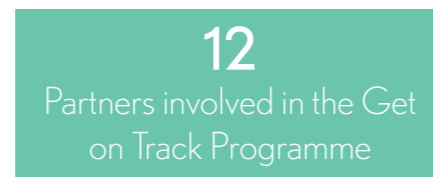
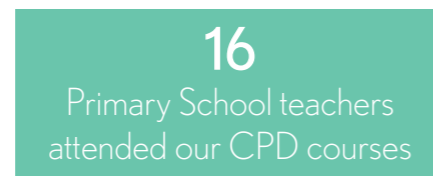
Bristol makes up around 41%<sup>1</sup> of the West of England population. Of this around 17%<sup>3</sup> of those area classed as physically inactive which is lower than the national average (25.6%<sup>3</sup>) and the West of England (18.1%<sup>3</sup>) average, however this still means around 75,000 people does not meet the Chief Medical Officers recommendations for physical activity<sup>4</sup>.

Through our programmes this year, we have been working with a large range of the Bristol population. This varies from working specifically with primary school children through the West of England Daily Mile to the whole population through the Ping! Bristol programme. We have also been working with a range of voluntary sector organisations through the Knightstone Community Games programme, supporting nearly 400 volunteers and coaches to access CPD courses, to a large number of businesses, which has seen 254 people in Bristol register for the Workplace Challenge. We have also managed to engage 126 partners through our work.

## Headline figures



## Some highlights



## An insight into Bristol

**Unitary Authority** - Bristol City Council

**Population** - 454,213 (40.8% of the West of England population)<sup>1</sup>

**Largest Age Group** - 20 - 24 (10.7% of Bristol's population)<sup>1</sup>

**Male/Female Spilt** - 50.1% Males and 49.9% Females<sup>1</sup>

**Health inequalities** - Life expectancy is 9.6 years lower for men and 7.0 years lower for women in the most deprived areas of Bristol than in the least deprived areas.<sup>2</sup>

**Health** - The health of people in Bristol is varied compared with the England average. Bristol is one of the 20% most deprived districts/unitary authorities in England and about 23% (18,900) of children live in low income families. Life expectancy for both men and women is lower than the England average.<sup>2</sup>

**Local Health Priorities** - Giving children the best start in life, improving mental wellbeing, healthy weight (reducing obesity and increasing physical activity) and reducing harm from alcohol.<sup>2</sup>



Bristol's location in the West of England

## Sports Participation in Bristol<sup>3</sup>



Sources - <sup>1</sup>ONS Population Estimate 2016, <sup>2</sup>Public Health England - Health Profile 2017 BANES, <sup>3</sup>Sport England Active Lives Survey 2017 (excluding gardening activities) and <sup>4</sup>Chief Medical Officers guidelines for physical activity - [www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults)



# our impact on north somerset

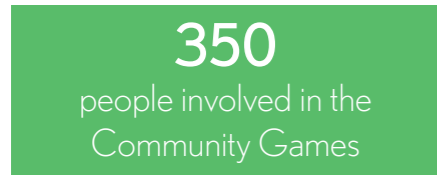
North Somerset makes up 19%<sup>1</sup> of the West of England population. Of this around 22%<sup>3</sup> of those are classed as physically inactive which is lower than the national average (25.6%<sup>3</sup>) but considerably higher than West of England (18.1%<sup>3</sup>) average. This means around 47,000 people do not meet the Chief Medical Officer's recommendations for physical activity<sup>4</sup>. This could be attributed to the average age of the population being significantly older than the West of England average and also having areas of high deprivation<sup>5</sup> which both have an impact on levels of physical activity<sup>3</sup>.

One of our major successes during this year was the engagement with North Somerset primary schools through our Primary School PE Conference, Primary Teacher CPD courses and the Daily Mile programme. All of these opportunities have allowed primary schools to best utilise their Primary School Sport Premium and enable opportunities for their students to participate in more sport and physical activity. Another success was the engagement with Knightstone Housing communities enabling them to plan and organise Community Games festivals with the aim of bringing their communities closer together.

## Headline figures



## Some highlights



## An insight into North Somerset

**Unitary Authority** - North Somerset Council

**Population** - 211,681 (19% of the West of England population)<sup>1</sup>

**Largest Age Group** - 50 - 54 (7.43% of North Somerset's population)<sup>1</sup>

**Male/Female Split** - 48.7% Males and 51.3% Females<sup>1</sup>

**Health inequalities** - Life expectancy is 9.1 years lower for men and 6.9 years lower for women in the most deprived areas of North Somerset than in the least deprived areas.<sup>2</sup>

**Health** - The health of people in North Somerset is generally better than the England average. About 14% (5,300) of children live in low income families. Life expectancy for men is higher than the England average.<sup>2</sup>

**Local Health Priorities** - Mental health and self-harm, reducing smoking during pregnancy, reducing childhood obesity and reducing health inequalities.<sup>2</sup>



North Somerset's location in the West of England

## Sports Participation in North Somerset<sup>3</sup>

**21.5%**



**Inactive** - Do fewer than 30 minutes of physical activity per week

**10.4%**



**Fairly Active** - Do between 30 - 150 minutes of physical activity per week

**68.1%**



**Active** - Do more than 150 minutes of physical activity per week

Sources - <sup>1</sup>ONS Population Estimate 2016, <sup>2</sup>Public Health England - Health Profile 2017 BANES, <sup>3</sup>Sport England Active Lives Survey 2017 (excluding gardening activities), <sup>4</sup>Chief Medical Officers guidelines for physical activity - [www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults) and <sup>5</sup>English Indices of Deprivation 2015.

# our impact on south gloucestershire

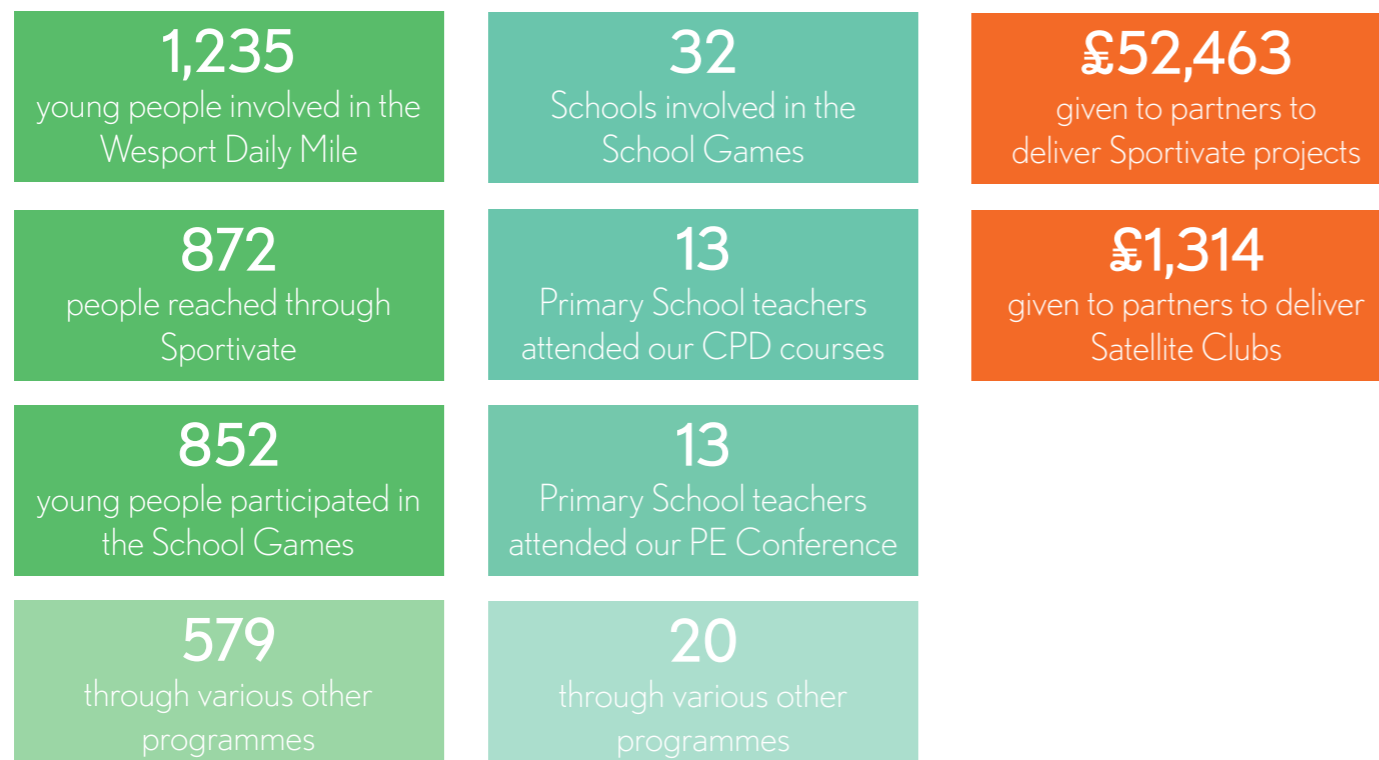
South Gloucestershire makes up around 25%<sup>1</sup> of the West of England population. Of this around 19%<sup>3</sup> of those are classed as physically inactive which is lower than the national average (25.6%<sup>3</sup>) but slightly higher than the West of England (18.1%<sup>3</sup>) average. This means around 51,000 people do not meet the Chief Medical Officer's recommendations for physical activity<sup>4</sup>. This could be attributed to the average age of the population being significantly older than the West of England average. Age is known to have an impact on levels of physical activity<sup>3</sup>.

Our Sportivate programme has proven successful in the South Gloucestershire area. We have enabled 872 young people aged between 11 - 25 to try a new or get back into a sport or physical activity opportunity. Another success has been the engagement with employees through the Workplace Challenge programme, which has seen over 200 employees take part during the year. South Gloucestershire schools have engaged well with the West of England School Games, providing the largest number of athletes from across the four unitary authority areas.

## Headline figures



## Some highlights



## An insight into South Gloucestershire

**Unitary Authority** - South Gloucestershire Council

**Population** - 277,623 (24.9% of the West of England population)<sup>1</sup>

**Largest Age Group** - 50 - 54 (7.57% of South Gloucestershire's population)<sup>1</sup>

**Male/Female Split** - 49.7% Males and 50.3% Females<sup>1</sup>

**Health inequalities** - Life expectancy is 6.5 years lower for men and 4.8 years lower for women in the most deprived areas of South Gloucestershire than in the least deprived areas.<sup>2</sup>

**Health** - The health of people in South Gloucestershire is generally better than the England average. South Gloucestershire is one of the 20% least deprived districts/unitary authorities in England, however about 12% (5,800) of children live in low income families. Life expectancy for both men and women is higher than the England average.<sup>2</sup>

**Local Health Priorities** - Mental health & wellbeing, childhood poverty, alcohol harm reduction, health in schools programme, childhood obesity, domestic abuse, and preventing young people starting to smoke.<sup>2</sup>



South Gloucestershire's location in the West of England

## Sports Participation in South Gloucestershire<sup>3</sup>



Sources - <sup>1</sup>ONS Population Estimate 2016, <sup>2</sup>Public Health England - Health Profile 2017 BANES, <sup>3</sup>Sport England Active Lives Survey 2017 (excluding gardening activities) and <sup>4</sup>Chief Medical Officers guidelines for physical activity - [www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults)

# what next for 2017/18

2017/18 is a year of significant change, as nationally, the new government sport strategy is implemented.

This includes a new contract between Sport England, Wesport and other County Sports Partnerships (CSPs), in terms of the primary role CSPs will play in supporting the achievement of national priorities. It means a different relationship with national partners, who must be clear about the difference their sport / organisation / activity / resources can make in addressing identified local need.



Wesport prioritises the importance of making a difference locally and we will continue to focus on this, building on existing and establishing new collaborations to enable continued improvement and development of local sport and physical activity. With emerging new structures locally, Wesport will work to influence key decision makers in local and regional government, working to attract resources for sport and physical activity to the West of England.

**Steve Nelson**  
**Chief Executive Officer**

