



wesport

INSPIRING ACTIVE LIVES

Annual Report 2017/18



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welcome

Welcome to Wesport's Annual report for the 2017/18 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

1,139,791 people live in the West of England
This is **20.5%** of the South West's and **2%** of England's Population
There are **565,176** males and **574,615** females
The largest age group is **20-24**

Source: Office of National Statistics - 2017 Population Estimate

education

167,800 children are in education in the West of England
Of these, **90,713** are in Primary School and **62,011** are in Secondary School
There are **322** Primary Schools and **66** Secondary Schools and **21** Special Schools in the area

Source: Department for Education - Schools, Pupils and their Characteristics: January 2018



West of England Area Map Outline

employment

592,400 people (aged 16-64) who are in employment in the West of England ⁽¹⁾
133,100 (aged 16-64) people are classed as economically inactive in the West of England ⁽¹⁾
11,325 of people (aged 16-64) claim out-of-work benefits in the West of England ⁽²⁾

Source: Nomis, Official Labour Market Statistic July 2017 - June 2018

health and obesity

20.5% of adults (18+) are classed as overweight or obese in the West of England
11.2% of reception year pupils and of year 6 pupils are classed as overweight or obese in the West of England
The average life expectancy is **81** years for males and **84** years for females.

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

active lifestyles

20.9% of the West of England population are classed as Inactive (Less than 30 minutes activity per week)
11.2% of the West of England population are classed as Fairly Active (30 - 150 minutes activity per week)
67.9% of the West of England population are classed as Active (150+ minutes activity per week)

Source: Active Lives Survey 3 Nov 16/17

'The young people get to learn new skills and develop their gross motor skills whilst winning points, encouraging each other and learning good sportsmanship skills; all of which the young people can transfer to our life experiences.'

(Kim Dodd, Youth Development Worker and Assistant Centre Manager, Portishead Youth Centre)



'Thank you for organising the Winter Games, we had teams in the Table Tennis, Sportshall Athletics and Netball. I thought it was really well run, especially in the netball - the umpires were great and made it a very enjoyable experience for everyone involved.'

(Secondary School Teacher, Winter School Games Jan 2018)

I have gained a lot from this programme, not just qualifications but valuable coaching and gym experience...I would highly recommend doing an apprenticeship with coach core as you get to experience so many things and pick up many things along the way such as: Valuable coaching experience, General Life Skills"

(Coach Core Case Study Chris Farrow)



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



"The Workplace Summer challenge has been great for me, it has improved my health and mood which has improved my work, plus it has been good from a social stand point, discussing our sports together and even going out on a few bike rides together in order to get some more points for the team! (Chris Rew, Employee and Peer Nomination winner, Rolls -Royce)

(Chris Rew, Employee and Peer Nomination winner, Rolls -Royce)

"We are absolutely delighted to receive the funding from Wesport. It has enabled us to deliver a golf project to an amazing community group for young people with disabilities and special needs. They love the golf and the deliverer PGA Professional AJ (Alan Johnston). It is his favourite teaching session of the week"

(Sarah Sutcliffe, AA Class PGA Advanced Golf Professional, Tickenham Golf Club)



"...Now there is a positive activity that happens once a week the young have something to do and as a result reports of any negative behaviour have dropped.

I hope the programme can continue for as long as possible as I believe it is making a difference to the young people in the area. I also believe that this shows that many partners can come together and with the right 'can-do' individuals to start meaningful projects.'

(Danny Hall, Senior Community Services Assistant, The Campus North Somerset Council)

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.

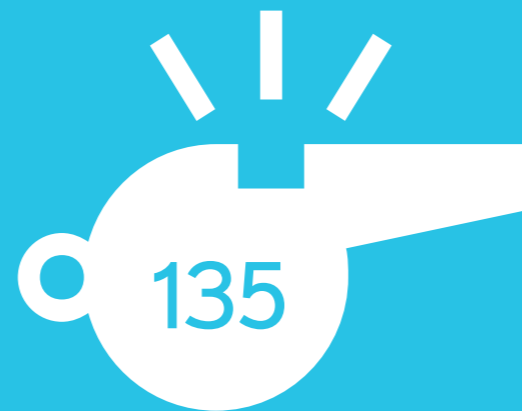
It has been brilliant to see the continuation of the Daily Mile which provides local primary schools with the resources and support to get their students running a mile a day during their school day. We are also pleased to see the continuing success of our existing programmes such as the Satellite clubs and Sportivate. These programmes have provided over £145,480 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 - 5,382
 School Games - 3,062
 Sportivate (Reached) - 1,557
 Coach Education - 457
 Workplace Challenge - 465
 Satellite Clubs - 570
 Workplace Competitions - 305
 Primary School Teacher CPD - 32
 PE Conference - 114
 Get on Track - 12
 Primary 1:1 meetings - 6
 This Girl Can - 71
 Ping! Project - 145
 Coach Core - 13
 ECOF 2017 Conference - 200



Number of coaches who have engaged with us

Sportivate - 39
 Satellite Clubs - 25
 Get on Track - 4
 Workplace Competitions - 4
 This Girl Can - 3
 Sport Insight - 60



Number of partners we've worked with

Coach Ed - 46
 School Games - 30
 National Governing Bodies - 6
 Funding Support - 2
 Sport Development Forum - 30
 Primary School Teacher CPD - 6
 Daily Mile - 22
 PE Conference - 22
 Sportivate - 24
 Satellite Clubs - 25
 Get on Track - 12
 Primary 1:1 meetings - 6
 Workplace Competitions - 45
 This Girl Can - 8
 Coach core - 9



Amount of funding we've helped partners to access

Sportivate - £70,000
 Satellite Clubs - £75,480
 Get on Track - £11,074
 Funding Support - £19,601
 Coach Core - £75,000

our impact on bath and north east somerset

Bath and North East Somerset makes up 16.5% of the West of England population. Of this 20.4% of those are classed as physically inactive which is lower than the national average (25.7%) and similar to the West of England (20.5%) average, however this still means around 38,300 people do not meet the Chief Medical Officer's recommendations for physical activity.

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 helped provide partners with £15,586,00 to deliver Satellite Clubs.

Headline figures



Some highlights



An insight into Bath and North East Somerset

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

Population - 188,678 (16.5% of the West of England population)¹

Largest Age Group - 20 - 24 (11.1% of BANES population)¹

Male/Female Split - 49.4% Males and 50.6% Females¹

Health inequalities - Life expectancy is 7.3 years lower for men and 3.7 years lower for women in the most deprived areas of Bath and North East Somerset than in the least deprived areas.²

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 11% (3,000) of children live in low income families. Life expectancy for both men and women is higher than the England average.²

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.²



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

Sports Participation in Bath and North East Somerset³

20.4%



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

69.2%



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

Sources - 1 ONS Population Estimate 2017, 2 Public Health England - Health Profile 2018 BANES, 3 Sport England Active Lives Survey Nov 2016/17 (excluding gardening activities) and 4 Chief Medical Officers guidelines for physical activity - www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults

our impact on bristol

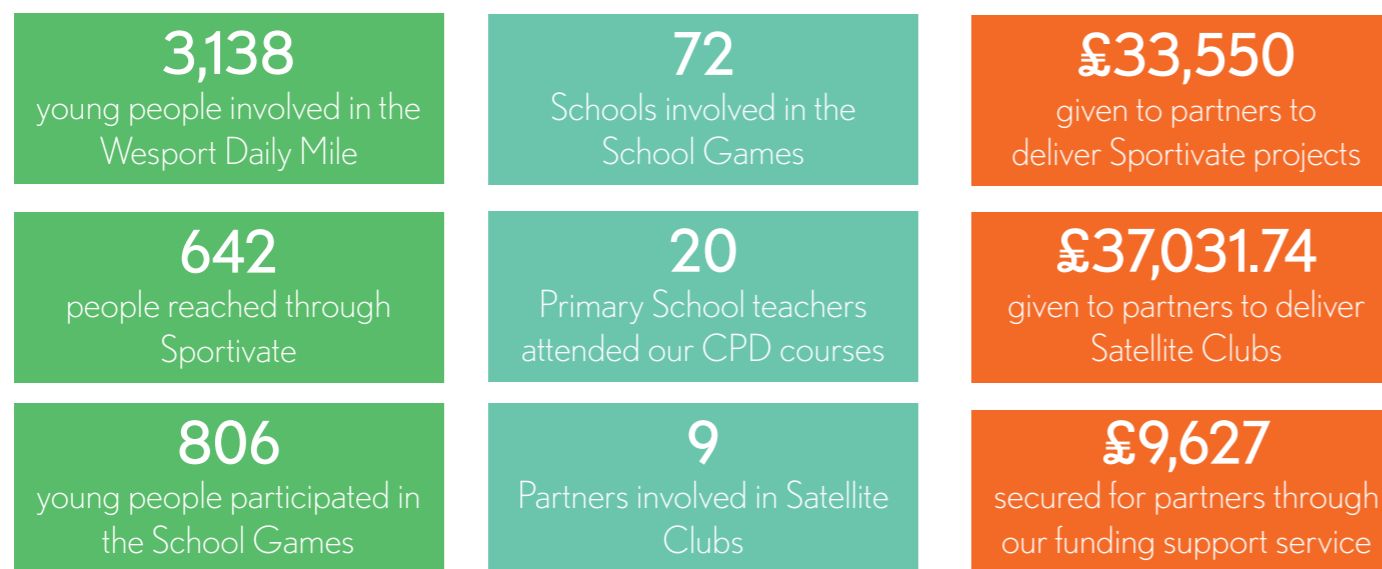
Bristol makes up 40.3% of the West of England population. Of this 19.8%³ of those are classed as physically inactive which is lower than the national average (25.7%³) and the West of England (20.5%³) average, however this still means around 89,900 people does not meet the Chief Medical Officers recommendations for physical activity⁴.

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, supporting teachers through 1:1 meetings and CPD courses. Through our work we have managed to engage partners. This year also saw the continuation of the Royal Foundation Coach Core Apprenticeships with 13 participants being involved.

Headline figures



Some highlights



An insight into Bristol

Unitary Authority - Bristol City Council

Population - 459,252 (40.3% of the West of England population)¹

Largest Age Group - 25 - 29 (10.8% of Bristol's population)¹

Male/Female Spilt - 50% Males and 50% Females¹

Health inequalities - Life expectancy is 9.5 years lower for men and 7.4 years lower for women in the most deprived areas of Bristol than in the least deprived areas.²

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 20% (16,500) of children live in low income families. Life expectancy for both men and women is lower than the England average.²

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.²



Bristol's location in the West of England

Sports Participation in Bristol³



Sources - 1 ONS Population Estimate 2017, 2 Public Health England - Health Profile 2018 BCC, 3 Sport England Active Lives Survey Nov 2016/17 (excluding gardening activities) and 4 Chief Medical Officers guidelines for physical activity - www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults

our impact on north somerset

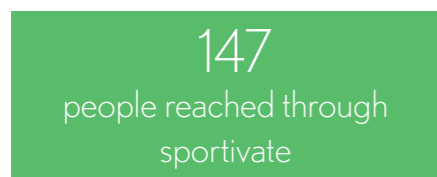
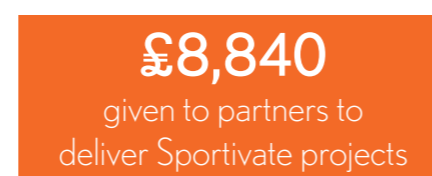
North Somerset makes up 18.7% of the West of England population. Of this 22.5% of those are classed as physically inactive which is lower than the national average (25.7%) but higher than West of England (20.5%) average. This means around 47,600 people do not meet the Chief Medical Officer's recommendations for physical activity⁴. 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 deprivation⁵ which both have an impact on levels of physical activity³.

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.

Headline figures



Some highlights



An insight into North Somerset

Unitary Authority - North Somerset Council

Population - 212,834 (18.7% of the West of England population)¹

Largest Age Group - 50 - 54 (7.5% of North Somerset's population)¹

Male/Female Split - 48.7% Males and 51.3% Females¹

Health inequalities - Life expectancy is 9.9 years lower for men and 7.9 years lower for women in the most deprived areas of North Somerset than in the least deprived areas.²

Health - The health of people in North Somerset is generally better than the England average. About 12% (4,500) of children live in low income families. Life expectancy for men is higher than the England average.²

Local Health Priorities - Mental health and self-harm, reducing smoking during pregnancy, reducing childhood obesity and reducing health inequalities.²



North Somerset's location in the West of England

Sports Participation in North Somerset³

22.5%



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

12.7%



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

64.8%



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

Sources - 1 ONS Population Estimate 2017, 2 Public Health England - Health Profile 2018 North Somerset, 3 Sport England Active Lives Survey Nov 2016/17 (excluding gardening activities), 4 Chief Medical Officers guidelines for physical activity 5 English Indices of Deprivation 2015.

our impact on south gloucestershire

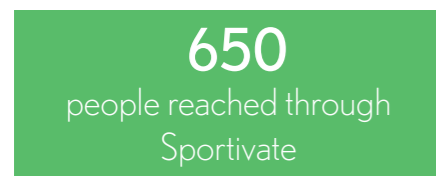
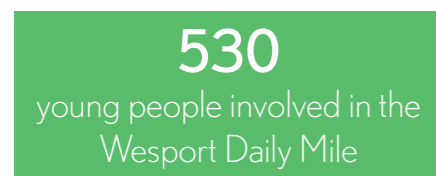
South Gloucestershire makes up 24.5% of the West of England population. Of this 20.2% of those are classed as physically inactive which is lower than the national average (25.7%) but slightly higher than the West of England (20.5%) average. This means around 56,000 people do not meet the Chief Medical Officer's recommendations for physical activity⁴. 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 activity³.

Our Sportivate programme has proven successful in the South Gloucestershire area. We have enabled 650 young people aged between 11 - 25 to try a new or get back into a sport or physical activity opportunity. We have also helped schools through PE Conference, CPD courses and 1:1 meetings to provide support to teachers in order to create enjoyable and positive experiences for young children to encourage them to lead an active and healthy lifestyle.

Headline figures



Some highlights



An insight into South Gloucestershire

Unitary Authority - South Gloucestershire Council

Population - 279,027 (24.5% of the West of England population)¹

Largest Age Group - 50 - 54 (7.6% of South Gloucestershire's population)¹

Male/Female Split - 49.6% Males and 50.4% Females¹

Health inequalities - Life expectancy is 6.2 years lower for men and 5.1 years lower for women in the most deprived areas of South Gloucestershire than in the least deprived areas.²

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 10% (4,900) of children live in low income families. Life expectancy for both men and women is higher than the England average.²

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.²



South Gloucestershire's location in the West of England

Sports Participation in South Gloucestershire³



Sources - 1 ONS Population Estimate 2017, 2 Public Health England - Health Profile 2018 BANES, 3 Sport England Active Lives Survey Nov 2016/17 (excluding gardening activities) and 4 Chief Medical Officers guidelines for physical activity.

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

