



# SPORTS & EDUCATION TRUST



EDUCATING, MOTIVATING & INSPIRING THROUGH THE POWER OF SPORT

SEPT 2018 - AUG 2019

# IMPACT REPORT



## IMPACT REPORT

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### 03 Health

Delivering activities that promote the benefits of good physical and mental health, and allow participants to understand the importance of a healthy lifestyle as well as improve their overall wellbeing.



### 04 Education

Delivering activities, courses and workshops that allow our local community to further their skills and knowledge, and in turn increase their chances of reaching their full potential.



### 05 Sports Participation

Delivering a range of activities and sessions that allow local people the opportunity to take part in sport at a range of levels and realise the personal benefits that participation in sport can facilitate.



### 06 Inclusion

Delivering an array of activities that seek to bring people together, improve understanding of different cultures, promote community cohesion and increase social responsibility within High Wycombe.

## INTRODUCTION

### Steve Edgar Chair of Trustees

Welcome to the Wycombe Wanderers Sports & Education Trust ("WWSET") Impact Report for the year that was September 2018 to August 2019.

The report has been written to summarise the amazing work being done by Wycombe Wanderers Football Clubs' charitable arm, and the impact that work has had on the lives of the people who are engaged by its programmes.. WWSET's mission is to deliver an innovative and appealing range of activities, often football related, to educate, motivate and inspire as many people as possible, and to be a charity that both the local community and Wycombe Wanderers Football Club are proud of. In order to achieve this mission WWSET harness the power and popularity of the Wycombe Wanderers FC name and brand to deliver activities in four main areas; Health, Education, Sports Participation and Social Inclusion.

Throughout the year covered by this report WWSET worked tirelessly to help the people living within our community develop themselves and reach their full potential. Along the way we were supported by numerous other organisations that on behalf of WWSET I would like to pass on our sincere thanks and gratitude to.

WWSET's strategic aims focus on the charity delivering high quality, facilitating positive outcomes and continually growing and developing. As such, we are already working hard to ensure that next years Impact Report will be even bigger and better than this one, but in the meantime please enjoy reading about the fantastic achievements of WWSET during 2018-19 on the following pages.

Sincerely



## HEALTH Impact Quotes

"I joined FFIT as I was fed up with being unfit and overweight. I have now lost weight, have more energy, feel better about myself and met some great people. Sam and Andy have been great and kept the content interesting and informative without preaching to us. Been great to also see behind the scenes at the football club."

Football Fans In Training Participant.

## HEALTH Impact Stats



180.14 kg's total weight loss and a cumulative 213 cms off the waist sizes achieved by the 30 people who took part in the Football Fans In Training project during the year



WWSET's weekly Wellbeing Walks were attended 437 times throughout the year, and during the walks a total distance of over 125 miles was covered



1100 meals were served during WWSET's Fit & Fed sessions which aimed to combat "holiday hunger" for local children and their wider families.



A total of 271 people attended one or more of WWSET's sessions that focus on improving mental health. Of these, 91 people also signed up to attend further sessions and/or courses that aimed to improve their mental health

"Since my discharge at the end of 2014 from a series of prolonged inpatient stays, my life and recovery had totally stagnated, and I had become very isolated and hopeless about my future.

It's honestly no exaggeration to say that WWSET's Keep Moving Forward project has given me a new lease of life.

As useful and thought-provoking as the content of each of the sessions has been, it is the community of kind, understanding and supportive peers I have found there, which is bolstered by the project's ethos of inclusion, empathy, trust and the belief in the potential of every individual, that has been the most instrumental factor in moving my life forwards again."

Keep Moving Forward Participant.

"I first came to Fit & Fed as a way to get my kids into something positive and spend time with friends. I really enjoyed spending time with my kids, making new friends with the other parents and taking part in the cooking. After a while I built up the confidence to ask if I could help out a bit more, and I've been helping out as a volunteer ever since. I've been out of work for a while looking after my children and over the past year I've really improved my confidence and gained lots more skills; I even led my first ever cooking session which I was really nervous about but it went really well."

Fit & Fed Parent and Volunteer.





WWSET delivered #PlayTheRightWay Safer Internet Workshops to a total of 210 children from 7 local schools throughout the year. Following the workshops 100% of the participants reported that they felt better equipped to look after themselves online.



As part of WWSET's employability related efforts we delivered week-long 'Health & Safety in the Workplace' and 'Customer Service' qualifications to local long term unemployed people. A total of 58 qualifications were delivered, and 100% of the participants stated they were more confident of finding work as a result of the courses.



WWSET's Kicking-On project worked with targeted local youngsters who were disengaged with school life and identified as being at risk of involvement in crime/gang activity during holiday periods. Following the project an 80% average increase in participants "Willingness to Engage in Positive Activities" was reported, alongside a 74% average increase in participants levels of "Resilience & Ability to Overcome Challenges"..



Throughout the 2018-19 academic year WWSET's Premier League Primary Stars programme engaged 1022 unique participants during the delivery of 852 sessions in local schools. Furthermore WWSET's delivery also engaged a total of 50 school teachers whilst attempting to satisfy the project aims which centred around improving teachers PE delivery skills as well as using football to positively engage local children and increase their enjoyment of and engagement levels in numeracy and literacy, as well as promote and improve positive personal and social skills (such team work, communication and resilience).

## EDUCATION Impact Stats



## EDUCATION Impact Quotes

"This is a great idea by WWSET for all these very important messages to be reinforced by role models the children look up to, and to help pupils understand the dangers that they are taught at school and at home but need reminding of constantly."

Teacher from a 'Play The Right Way' Safer Internet Workshop.

"It was a pleasure to be part of the Kicking On project and to see the young people developing and gaining in confidence through the week by having the opportunity to participate in activities they wouldn't ordinarily. Mark and Aqeel are brilliant at engaging the young people and providing them with the appropriate levels of support and guidance they need. I have received positive feedback not only from the young people but also other professionals regarding the project"

Restorative Justice Officer from Bucks Youth Offending Team.

"Participation in the Premier League Primary Stars programme has been very beneficial and has supported me to become a better PE teacher. Before, I would have swapped PE for English any day but now I look forward to the next PE lesson. I would recommend this programme to any teacher, even those who feel their PE teaching is good, because there is always more to learn. Thank you very much for your support and expertise and I look forward to using my new skills in the future."

Teacher who took part in Premier League Primary Stars project.



## SPORTS PARTICIPATION Impact Stats



602 unique participants took part in a WWSET after school club during the 2018-19 academic year.



WWSET delivered 112 days of holiday football courses throughout the year which were attended by a total of 692 local boys and girls.



WWSET's Elite Development Academy delivered a total of 51,053 individual coaching hours across our various age groups during the year, and saw 12 boys and 2 girls signed by professional club academies during the period.



WWSET's Saturday Morning Clubs provided 149 individuals aged 4 -12 years old with an enjoyable introduction to football throughout the year.



WWSET's matchday activities raised £1981.00 for local grassroots football clubs throughout the 2018-19 season.



## SPORTS PARTICIPATION Impact Quotes

"We all owe a huge debt of gratitude to the whole Wycombe Wanderers Elite & Development Academy team. I know Tate has thoroughly enjoyed his time with Wycombe Wanderers EDA and the foundations were certainly laid to become an academy footballer but also to grow up and be a fine young man, so thank you all"

Parent of an EDA player who was signed by a professional club academy.

"The point of this email is to express our gratitude for the work you and your team have done with W since he came back to us, specifically Coach Tom who has worked wonders with W this season. W now has seen a policeman be kind, compassionate, always smiling and encouraging, helping W to rebuild his low esteem, helping him to believe in himself, teaching him respect, showing him the benefits of listening carefully and acting as a team member. It is a work in progress but Coach Tom has been a really significant influence on W."

Email from the foster parents of a Saturday Morning Club participant about the positive impact Coach Tom, who is also a serving police officer, has had on their child.

"Max is loving the sessions and Coach Charlie is bringing him out of himself. As a shy boy we are finding the sessions are really helping with his confidence. You have a budding Wycombe supporter in the ranks."

Parent of a WWSET After School Club Participant.



## SOCIAL INCLUSION Impact Stats



A total of 107 'Walking Football Club' sessions were delivered throughout 2018 -19. These sessions were attended by a total of 60 unique participants and provided a total of 1506 participation hours during the year.



WWSET's weekly 'Get Active' project engaged 21 young people and adults living with physical and cognitive disabilities in fun sessions that aimed to increase their levels of physical activity and exercise as well as their opportunities to access social activities. A total of 41 sessions were delivered throughout the year which facilitated 255 hours of participation.



WWSET's 'Inter-Faith League' aims to use football to bring different faith groups together in order to promote understanding and tolerance plus build friendships. During 2018-19 a total of 185 individuals representing the Muslim, Christian, Jewish, Hindu, Sikh and non-faith/agnostic groups took part in 70 matches which facilitated 1120 individual participation hours.



'Street League', WWSET's Saturday night diversionary session for young people, saw 79 individuals engaged and 714 individual coaching hours delivered throughout the year, all taking place at a venue & time when levels of anti-social behaviour are at their highest.



## SOCIAL INCLUSION Impact Quotes

"WWSET's Inter-Faith League is a brilliant initiative and has given us all the opportunity to meet and play football against lots of people of different faiths, non-faiths, and different backgrounds.

WWSET have done brilliantly to bring the community together in this way and it is great for improving community spirit"

An Inter-Faith League Participant.

"WWSET's Walking Football Club has been a revelation to me!

I have never enjoyed football so much in my life, thanks in equal parts to the nature of the game and the people who play it. Huge thanks to the WWSET Walking Football Club committee for all the effort and hard work they put into running the club."

A Walking Football Club Participant.

"Street league is a great set up which helps us as young adults to socialise and have fun. It has really benefitted us as it takes us off the streets and puts us on a pitch therefore allowing us to do something positive with our free time and enjoy our hobby of playing football"

A Street League Participant.





# OUR PARTNERS

## Community & Corporate Supporters

During 2018-19 WWSET were thankful to receive support from a wide range of community and corporate organisations and individuals.

These organisations and individuals not only supported WWSET financially but also with regards to facilitating, promoting and adding value to the things we do.

As such, we'd like to sincerely thank the following...





## **WYCOMBE WANDERERS SPORTS & EDUCATION TRUST**

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