



Bristol Rovers Community Trust

# IMPACT REPORT

#4Quarters1Community







**FOOTBALL  
BUSINESS  
AWARDS**

**Best Football Community Scheme -  
Non Premier League**



**Bristol Life  
AWARDS**

**Bristol Charity of the Year**



**Gloucestershire FA  
Grassroots Project of the Year**



**BristolLive Post  
SPORTS  
AWARDS 2019**

**Bristol Live Sports Awards 2019  
Community Club of the Year**



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# ADAM TUTTON

CEO Bristol Rovers Community Trust

Welcome to Bristol Rovers Community Trust's 2019 impact report. The aim of this report is to give you an understanding about the wide range of projects we have been delivering in our community and the positive impacts we have made throughout the last year. Inside this report you will be able to read about how we have improved the lives of local people within our four key 'Quarters' of Education, Health, Inclusion and Sport.

Through investing in frontline provision across these four key themes our charity has enjoyed unprecedented growth in all areas, that has in turn helped elevate and improve lives of people across our community, regardless of age, ability or background. I am delighted that this work has been recognised with us recently winning: The Bristol Life Charity of the Year 2018, Gloucestershire Football Association Grassroots Project of the Year 2019, Bristol Post Sports Awards Community Club of the Year 2019 and the Football Business Awards 2019 Silver Award for Best Football Community Scheme – Non Premier League.

Our thriving partnerships play a huge role in enabling us to inspire the local community through our charitable work. I would like to personally thank all our partner schools, businesses, individuals and groups who have supported us this year. I would also like to take this opportunity to thank all our hardworking staff, trustees and volunteers, who work tirelessly to deliver our wide range of projects and events. Finally I would like to thank the players, owners, management, staff and fans of Bristol Rovers Football Club. A remarkable and special football club, that truly is at the heart of our community.

## Mission Statement

***Bristol Rovers Community Trust works with a wide spectrum of the community offering education, health, inclusion and sports projects to give people the opportunity of enhancing and improving their life choices. We aim to engage and inspire people of all ages as well as unite the communities in which they live.***



# 4 Quarters of Impact



**#4Quarters1Community**



# EDUCATION

Our unique and wide ranging education programmes ensure all learners develop academically, physically and socially to ensure they are prepared for full time employment or further education. Projects include:

- Post-16 BTEC Level 2 and 3 courses
- BSc (Hons) in Community Coaching
- Traineeships
- Our City, Our Children
- Premier League Primary Stars



**100%**



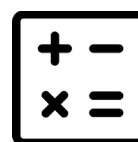
of students achieved a full BTEC Level 3 qualification

**25**



teachers mentored by Bristol Rovers Community Trust

**100%**



of children in care felt their maths had improved

**327%**



increase of applications for our BTEC courses

**21**



teachers achieved FA Primary Teachers Award

**1400**



voluntary hours were completed by our students on community projects



# WILL'S STORY

Will spent five years within our education system. During this time he achieved a Distinction in his BTEC Level 3 and a 2:1 in his BSc (Hons) Community Coaching Degree. As part of his education he completed 420 voluntary community coaching hours. Will worked on a variety of different projects and was mentored by full-time coaching staff. This experience gave Will the skills necessary to enter the world of professional sports coaching. His hard work has been rewarded with a full-time employed coaching role at The Trust and is a highly valued member of the team.



**“ I never really enjoyed school, so I decided to join the Level 3 BTEC at Rovers. Here I found a place where I can be myself and have a true passion for sports coaching. Making that decision has changed my life forever and made me truly happy. ”**



# HEALTH

We aim to improve the health and well-being of our participants and residents of our local communities. This includes increasing life expectancy, reducing health inequalities and improving the quality of life for those with disabilities or mental health conditions.

Projects include:

- Fit Pirates
- Recovery Through Sport
- Walking Football
- Extra Time
- +Sport, Move and Learn



**86%**



of Extra Time participants felt more socially connected after attending the group

**92**



adults registered to take part in a free 12 week FIT PIRATES health programme

**31**



people regularly attended weekly RTS mental health sessions

**932**



children took part in +Sport, Move & Learn

**100%**



of walking footballers agreed that their health and well-being had improved as a result of attending sessions

**25**



schools took part in the +Sport, Move & Learn project



# ANDY'S STORY

When Andy attended his first Fit Pirates session, he took a blood pressure test as part of his induction. The result of this test showed that his blood pressure was at an abnormally high level. Following the advice from the Fit Pirates delivery staff, Andy made an urgent appointment with his GP who instantly put Andy through further tests. Through the support of Fit Pirates and his GP, Andy's blood pressure is now back to a safe level.



**“ I always assumed that I was pretty fit and healthy for my age. Without the Fit Pirates intervention I could have had a serious medical incident. Attending this programme could have literally saved my life. ”**



# INCLUSION

Our inclusion programmes aim to improve the opportunities for specifically targeted groups of people within our community. We aim to address the issues around inequality within society, so that everyone has the opportunity to better their lives.

Projects include:

- Premier League Kicks
- Bristol Rovers Ability
- Bristol Rovers Powerchair FC
- Refugee Football Festival
- Extra Time



**211**

participants engaged with Premier League Kicks



**15**

players with disabilities registered to join Bristol Rovers Powerchair FC



**100%**

of Extra Time participants felt less socially isolated



**30**

free youth disability sessions delivered



**75**

Premier League Kicks participants took part in organised competitions



**21**

adults with disabilities attended weekly football sessions





# ZEE'S STORY

Zee has been coming to our Premier League Kicks free football sessions for over three years. He is a keen football fan and just loves playing the game. As part of the Kicks project, Zee has taken part in numerous competitions and has also volunteered on a number of different coaching sessions. He has aspirations to be a Community Coach when he is older so he can give something positive back to his community.



**“ I love coming to Kicks every week. It gives me a safe place to play football where I can meet lots of different people. The Bristol Rovers staff are all fantastic. They are helping me to achieve my goals in football and if I wasn't here I could be getting myself into trouble. ”**



# SPORTS

We aim to increase sports participation across all ages of the communities of Bristol and South Gloucestershire. Participating in sports has a positive influence in many areas.

Projects include:

- Bristol Rovers Women's FC
- Premier League Primary Stars
- Match Day Experiences
- School Holiday Football Fun Days
- PE and School Sport Partnership



**624** people attended match day experiences at Bristol Rovers



**420** children took part in our EFL Kids Cup



**512** Premier League Primary Stars sessions delivered



**926** children took part in our holiday camps



**1** school represented Bristol Rovers at the EFL Girls Cup Final at Wembley Stadium



**116** females attended pre-season training for Bristol Rovers Women's Football Club





# SHANNON'S STORY

Shannon started attending our 'Gas Girls' Community Project in July 2019. She had a desire to improve her physical health, mental well-being and to have the opportunity to play 11 a-side football. Despite Shannon's concerns about her weight and fitness, she has flourished within the team and has been a huge, positive influence on the rest of the squad. Her participation with Bristol Rovers Women's FC has greatly improved her confidence and self-esteem.



**“ I'd been struggling with my size for a little while and I knew something had to change. Since joining the 'Gas Girls' I have lost over 30 pounds and I've never felt better mentally and physically. ”**



# EDUCATION PROJECTS

Our **Post-16 BTEC Level 3 and Level 2 courses** offer 16-18 year olds the opportunity to study the business of sport in state of the art facilities at the Memorial Stadium, home of Bristol Rovers FC. Student's studies are further enhanced through practical sport, with learners representing Bristol Rovers in football or boxing. The course offers not only offers routes into employment but also further educational opportunities, with many of our students continuing their studies at Universities across the UK and USA.

Our **Degree courses** gives learners the opportunity to study for a **BSc (Hons) in Football Coaching, Development and Administration** and we are delighted that the Trust has employed several full time staff that have completed this qualification.

**Traineeships** based at the Memorial Stadium offer 19 to 24 year old's the opportunity to join a free, 10 week 'next steps' education and training programme with work experience across various departments of the football club, combined with English and Math's tuition for those who require it.

Our **Premier League Primary Stars** programme aims to develop skills and ambition both on and off the sports field, with resources for girls and boys aged 5-11 years old. The programme provides free curriculum-linked Key Stage 1 and 2 classroom resources for PE, but also Math's, English and Enterprise. Trust coaches also deliver CPD and mentoring for classroom teachers to improve their own PE delivery.

**'Our City, Our Children'**, is our education and inclusion programme for Children in Care. Children attend Bristol Rovers matches and receive extra classroom support in math's and literacy as well as taking part in photography sessions around the stadium to help improve their confidence and social skills.

# INCLUSION PROJECTS

**Premier League Kicks** offers free football opportunities to the whole community using high quality accessible spaces. We also target specific underrepresented groups such as women's and girls, disabled and BAME groups.

Our specialised **Bristol Rovers Ability** football sessions for adults and young people with disabilities offer an inclusive environment where people of all abilities can enjoy playing the beautiful game without restriction.

Our weekly **Extra Time** group is for anybody aged over 60. We pride ourselves on being a diverse group of people. The two hours per week we spend together involves light physical activities and social opportunities; as well as sightseeing trips around the area.

Our football provision for over 50's, **Walking Football**, provides appropriate football provision for the senior members of our communities, where the game of football is slowed down but the competitive spirit is kept well and truly alive.

In partnership with Goals Beyond Grass we have formed **Bristol Rovers Powerchair FC**. Powerchair Football is a unique sport that provides opportunities for people with a high level of impairment to access the game of football. It is the only active team participation sport for people who use electric wheelchairs.

Our annual **Refugee Football Festival** event brings together communities and refugees from across Bristol to celebrate the fantastic contribution they all make to our great city.

# HEALTH PROJECTS

**Fit Pirates** is our weight and lifestyle management programme that uses the power of football and brand of Bristol Rovers to improve participant's lifestyles habits through weekly education and physical activity sessions based at the Memorial Stadium.

Our **Recovery Through Sport** programme is delivered in association with Avon and Wiltshire Mental Health Partnership NHS Trust. The weekly session's aim to harness the power of sport to improve people's physical and mental well-being. It is open to any adults, whether they want to get some exercise, build social networks, gain confidence in being around people or just help improve their general well-being.

The long running **Extra Time Club** for Over 60's, helps tackle issues such as loneliness and social isolation, as well as helping to increase participation in physical activity among the senior community. Our friendly and welcoming team provide a range of activities and regular day trips for the wide range of participants.

**+Sport, Move and Learn is a national school-based** educational programme delivered in Primary Schools across Bristol and South Gloucestershire. By combining six weeks of practical sporting activities with classroom sessions, the programme encourages physical activity, promotes nutritional education and builds awareness of the importance of a healthy diet and active lifestyle for both children and their parents.

Our weekly **Walking Football** offers a multitude of health benefits to older people such as reducing the risk of cardiovascular disease and stroke. The programme also develops positive changes in postural balance, blood pressure and resting heart rate, lowered cholesterol, improved blood sugar levels, bone density and improving reactions, whilst slashing the odds of suffering from type 2 diabetes – all indicators of general good health.

## SPORTS PROJECTS

The first team, development team and under 16's teams of **Bristol Rovers Women's FC** provides opportunities for women aged 16-18 years old to play grass roots football in an affordable, safe, fun and highly engaging environment.

Using the appeal of football and sport to connect and inspire, we work with many primary schools in and around Bristol. Under the banner of **Premier League Primary Stars**, our programme aims to develop skills and ambition both on and off the sports field with school resources for girls and boys aged 5-11 years old.

Junior football teams visit the Memorial Stadium on our **Match Day Experiences** and receive coaching, a stadium tour, team photo, 1st Team player meet and greet and act as the guard of honour for the match.

Our affordable school **Holiday Football Fun Days** where children aged 6-13 years old experience quality coaching and football tournaments each day to develop them in a fun and enjoyable way.

We provide **Free Girls Football** opportunities for girls aged 8-18 years old where they can have fun, learn new skills and make new friends.

Our **PE and School Sport Partnership programme** offer's schools the opportunity to form a partnership with an award winning charity and a professional football club known for its inclusivity and community. We work closely with each partner school to provide the appropriate level of support which will ensure our delivery has the most positive impact on pupils, staff and the wider school community that we strive to achieve.

Our mass **Competitions** offer people to play sport in a competitive situation, to experience winning and losing and the need for team work.



# PARTNERS



**Web:** [www.bristolroverscommunity.org.uk](http://www.bristolroverscommunity.org.uk)

**Tel:** 0117 952 2581

**Email:** [info@bristolroverscommunity.org.uk](mailto:info@bristolroverscommunity.org.uk)