



IMPACT REPORT

2019
EDITION



CONTENTS

- 01** Vision and Mission
- 02** The Issues
- 03** Our Programmes
- 04** Partnerships
- 05** Brunswick Park School
- 06** Case Studies
- 07** Mentoring & Volunteering
- 08** Events
- 09** The Future



01

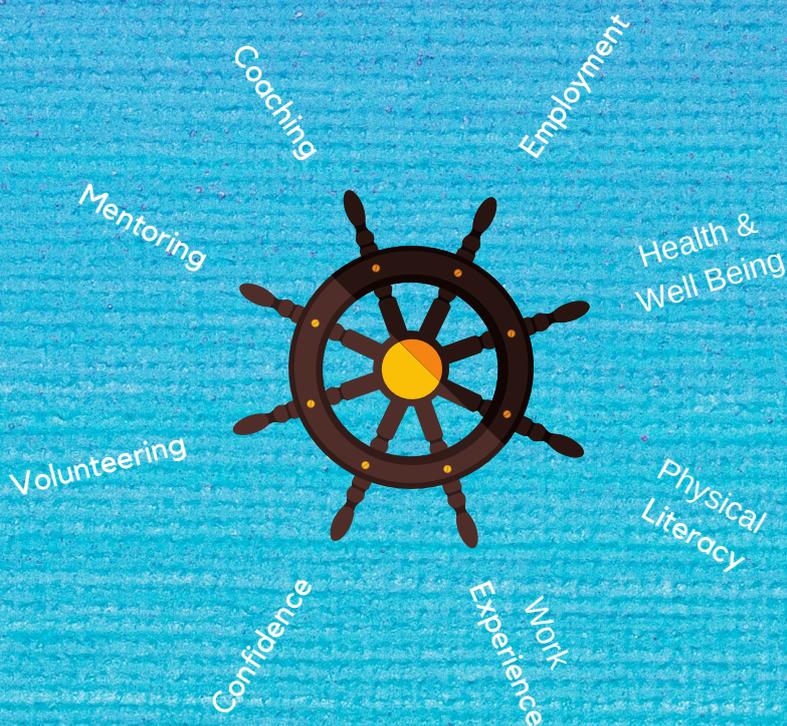
Vision and Mission

At Southwark Gymnastics Club we aim to provide access to a popular national sport that has very limited local opportunities for participation, an issue which can be seen across inner London. We deliver sessions in diverse communities with a huge range of backgrounds, incomes and cultural experiences.

The research shows that those from disadvantaged communities are less likely to be physically active and are susceptible to the health implications that come with inactivity.

Each week we help around 2000 people of all ages and abilities participate in a sport that can be enjoyed by all. This has only been possible through the training and mentoring of over 30 new coaches in the last five years.

It's What We Do



EST. 2010

2019 has been a year in which we continue to grow as a club. Demand for our recreational programme continues to far outweigh available spaces. We have launched new programmes for Home Educated children, expanded our Adults provision to include Flips and Tricks and begun working in new local schools. Our team now delivers to around 2000 people of all ages every week from pre-walking age through to those in their fifties.

So that we can continue to grow and increase our offering to the local community the pressure increases to find and develop new coaches. We now have over 30 coaches, volunteers and young leaders, but we still need more. We are grateful to all of our partners new and old who continue to support our vision of providing affordable access to all.

Andrew Payne
Director / Co-Founder

ITEM	NO.	
Members	650+	
School Pupils	900+	
Adult Participants	100+	
Pre-School Gymnasts	200 +	
Training Venues	3	
Full Time Staff	5	
Coaches	30	
Community Asset Lock		✓
Surplus Re-Invested into improving the Club		✓
Community Values		✓

02

THE ISSUES

Lack of Facilities

There are only three other recognised Gymnastics Clubs within the borough of Southwark, all operating in limiting shared-space facilities and with long waiting lists. There are no purpose-built Gymnastics facilities in Southwark or Lambeth.

Childhood Obesity

In Southwark almost 40% of children are overweight or obese by the time they leave Primary School. Camberwell Green (where two of our venues are located) had the highest childhood obesity rate of any council ward in the UK in 2018 (50.9%).



Socio Economic Barriers

As with the rest of London, the poorest in Southwark have the lowest physical activity levels. 4 in 10 Southwark residents live in communities considered the most deprived nationally (JSNA 2017). 39% of children from lower income families are less active (Active Lives Survey).



Ethnicity Barriers

Nationally, BAME people tend to be less physically active than those who are White (Sports England Active Lives Survey). 46% of Southwark's population is non-white. Those from BAME backgrounds can be up to 13% less likely to meet the Chief Medical Officers recommendation of 150 minutes moderate intensity exercise per week.

Childhood obesity capital of England revealed - where does your area rank?

New figures from the National Child Measurement Programme show where in England suffers from the highest rates of obesity in children.

SHARE | COMMENTS | **NEWS**

The fat kid capital of the UK has been revealed in new statistics [Image: Shutterstock](#)

Kids in Camberwell Green in Southwark, London, are the most likely in England to be obese or overweight.

New figures from the National Child Measurement Programme show that a shocking 39% of Year 6 children (those aged 10 and 11) in the ward are considered obese, with a further 13% are overweight.

Is it any wonder children in Britain's FATTEST neighborhood don't know what a vegetable is? The takeaway-lined streets that reveal the alarming scale of our obesity crisis

- Fast-food outlets are jostling for custom in the deprived area of south London
- Caribbean shop sells 50 pastries filled with meat for £25 or £5 can buy you six
- Chinese restaurant around the corner offers buffet with over 20 course for £7.99

By FRANCES HARDY FOR THE DAILY MAIL
PUBLISHED: 22:12, 27 April 2018 | UPDATED: 09:08, 28 April 2018

Share | 327 shares | 534 View comments

Everywhere you look in Camberwell there are inducements to eat: not just enough to satisfy your appetite, but to stuff yourself to excess.

WEIGHT WARNING Obese kids capital of England revealed – where does your home rank?

Across the country, 20 per cent of 10 and 11 year olds and 9 per cent of four and five year olds are obese, while a further 34 per cent of Year 6 pupils and 22 per cent of kids in Reception are overweight.

By Guy Birchall
28 Apr 2018, 12:39

2 COMMENTS

THE area with the most obese children in England has been revealed.

Kids in Camberwell Green in Southwark, London, are the most likely to be obese or overweight.

03

THE PROGRAMMES

At SGC we believe in affordable access for all ages and abilities in our local community.

GYMNASTICS FOR ALL (GfA)

Participants aged 4 to 15 attend a weekly session working towards learning new skills in a fun but challenging environment. It is underpinned by the British Gymnastics Proficiency Award Scheme and offers the opportunity to compete in our Annual Club Championships and perform in our End of Year Show.

Participants are able to:

- Improve Agility, Balance, Coordination
- Meet new friends
- Increase confidence



Keenan is a great coach, so helpful and approachable

Overall GfA is a great program for children and my children certainly love it

I have been sending my kids to GfA for few years now and I always recommend to other parents.

BAME

57%

MEMBERS

FEMALE

78%

MEMBERS

WAITING LIST

2120

CHILDREN



PRE-SCHOOL

Younger participants can take part in our free play Tiny Gym sessions or try the more structured Pre-School sessions. Both are great for developing confidence in young children as they explore a world of hanging, jumping, swinging and balancing.



I have very shy twins who love Gymnastics. This really meets their needs and captures their passion for the sport.

ADULTS

Large numbers of adults across the UK are getting more active through Gymnastics. Many prefer the excitement of flipping around compared to the dull, repetitive nature of a treadmill or weight machine.



ADULTS REGISTRATIONS

2000+

IN 5 YEARS

ADULT GYMNASTS

50

PEOPLE PER WEEK

ADULT FLIPS & TRICKS

55

PEOPLE PER WEEK

No. of competitive Gymnasts

88

in 2019

No. of Disciplines

4

in 2019

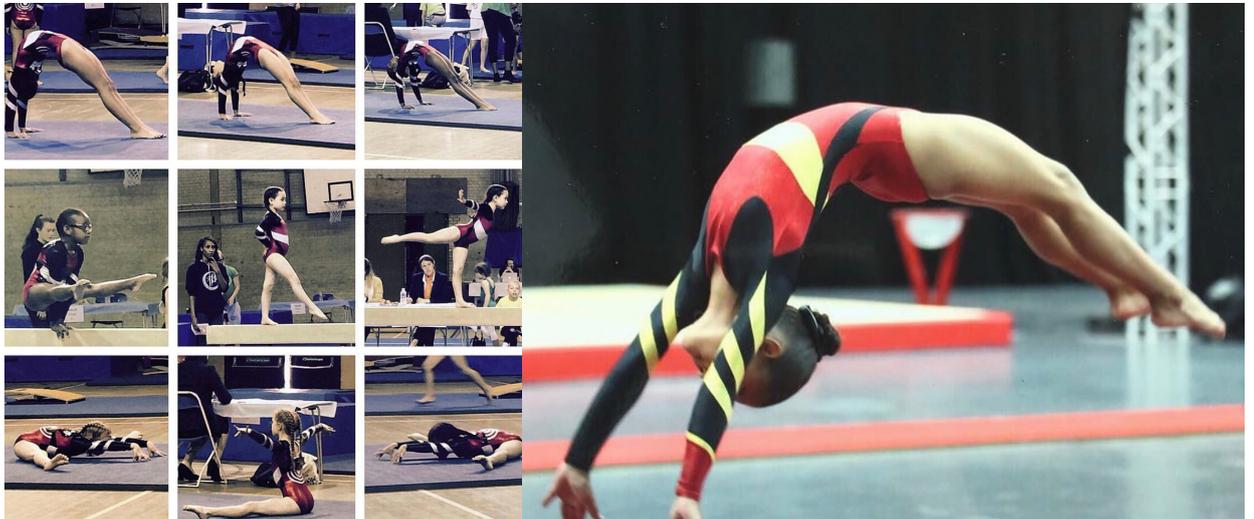
No. of British Finalists

9

in 2019

COMPETITIVE

Gymnasts wanting to take their training one step further can be selected into one of many Squad groups which train for Regional, National and International events. Our squad training venue at Brunswick Park School poses limitations in terms of size and space. We have put together plans for an extension of the site which would mean our high-performance athletes no longer need to train at other facilities out of the borough. In the meantime, some of our gymnasts train between 4-6 hours each week at venues as far afield as Thamesmead, Bromley and Gillingham



Since joining a Squad Programme, the number of parents/carers that reported seeing the following benefits in their child:

IMPROVED SCHOOL PERFORMANCE

13%

IMPROVED CONFIDENCE

70%

IMPROVED SELF ESTEEM

48%

IMPROVED SOCIAL SKILLS

35%





SCHOOLS OUTREACH

Local schools are keen to extend their PE curriculum by using one of our qualified coaches to deliver After-School and Breakfast clubs. We also work closely with specific schools to deliver high quality PE lessons during the school day. We have also hosted Parkour Tasters and Gymnastics Competitions for local schools this year.



In twenty nineteen we delivered:

PE LESSONS

28

HOURS PER WEEK

SCHOOL COMPETITIONS

100+

PUPILS

PARKOUR DAY

100+

PUPILS

EXTRA CURRICULAR

19

CLUBS PER WEEK



And that included sports such as...



For many participants our school programme is the only opportunity they have to access organised sports. However most pupils now have to pay for the cost of extra-curricular activities themselves as schools are no longer able to afford to subsidise the cost



04

PARTNERSHIPS

One of the reasons that we can lower our prices is the relationship we have developed with the landlords of our three training venues. By continuing to support our vision these venues have provided spaces at below the market rent therefore enabling us to pass on valuable savings to our participants.



British Gymnastics are the National Governing Body for our sport in the UK and provide the structure and support for clubs to develop and flourish. The UK is divided up into several regions such as London Gymnastics which also support clubs at a more local level.



PLATTEN SCHOLARSHIP

£500

JUDGING BURSARY

PLATTEN SCHOLARSHIP

£240

COACHING BURSARY

During 2019 we have supported and mentored 12 new judges and 4 new coaches through the programmes run by British Gymnastics and London Gymnastics. We have also become a certified venue for hosting BG Coaching Courses and Workshops. We look forward to being recognised as an established CDP venue in London as it will help us enable more people from the local community access training.

BG COURSES



3

TO BE HOSTED IN 2020





SPECIALIST PARTNERSHIPS

A big part of our philosophy is to provide new and different opportunities for our local community. Sometimes we just don't have the specialist resources in house and here's where some of our carefully selected partners can fill the gap



Aircraft provide instructors for our Aerial Programme. Aerial is a rapidly growing part of Circus performed on Silks and combines a range of elegant and visually stunning skills including swinging, rolling and drops which will also benefit fitness and strength. We are proud to be one of the first Gymnastics Clubs in the UK offering Silks and at a lower than average price. Currently we have 12 children and 6 adults participating each week and are planning to expand during 2020.

CSE Stunts provide Flips and Tricks style classes which combine Martial Arts, Tricking and Gymnastics elements. This exciting and contemporary style of performing can be seen all over online platforms such as You Tube and appeals to many of our teenagers and young adults.

Urban Dance Academy are an established Dance and Physical education provider in our local community. We tap into their specialist knowledge to provide exciting Holiday programmes that include things like Fencing, DJ'ing multisports and a variety of dance sessions. UDA have also launched Ballet and Street Dance sessions at SGC.

HOLIDAY PROGRAMME

68

SPACES PER DAY

AERIAL SILKS

18

SPACES PER WEEK

CSE STUNTS

11,000

INSTAGRAM FOLLOWERS



05

BRUNSWICK PARK SCHOOL

A unique programme is in place at our largest training venue. As well as becoming the exclusive users of the fantastic Sports Hall at the school, we are also the providers of all aspects of the PE Curriculum for every pupil. This unusual arrangement has benefited both parties tremendously. By having exclusive use of the space SGC has been able to bring in larger apparatus such as Trampolines and Tumble Tracks that in other venues would have nowhere to be stored or no time to setup and set down. In return the school has access to a team of specialist coaches delivering high quality teaching.



The PE Curriculum that we plan, and deliver is award winning and wide ranging. Where necessary we bring in specialist coaches from other local clubs to deliver sports specific activities



BPPS is a school with higher than average numbers of Pupil Premium and SEND pupils. Despite this, in 2019 we were shortlisted for PE School of the Year, reached finals in Cricket, Basketball and Benchball and were crowned Dance Champions in Southwark



EX BPPS PUPILS

5

NOW COACH AT SGC

EX BPPS PUPILS

3

SIGNED AT PRO FOOTBALL CLUBS

We successfully applied for and received a new Team Kit for the school thanks to the Premier League Primary Stars Programme



06

CASE STUDIES

Khalid, 19



A Gymnast for 13 years culminating in selection for the Great Britain Team that won a historic Bronze Medal at the 2016 European Team Gym Championships. Khalid has since turned to choreographing and coaching. Away from gym, he has also trained in Musical Theatre at the BRIT school and has been offered a place at the prestigious American Musical Dramatics Academy in New York. He has performed at the Young Vic and featured in the movie Street Dance 3 and the BBC show The Next Step. SGC is like a family to me. I have had the opportunity to perform at a high level and then develop my choreography skills with teams that compete nationally and internationally.

Ashleigh, 16



Starting as a gymnast and is now also working as a qualified coach, Ashleigh is also aiming for a career in Performing Arts. Coming to SGC has taught her the importance of team work. My coaches have always said we need to work together as a team, even in training or doing strength and conditioning. Ashleigh says that being able to make new friends has helped socially. It's important to be able to have different friends, not just the ones I make in school. She will be studying Dance and Choreography at College soon and hopes to use her new skills to benefit other gymnasts at the club.

Dominic, 19



A former gymnast at SGC, Dominic now trains in Berkshire, over an hour and a half away. The switch to a bigger club has meant that Dominic has become one of the top tumblers in the world including finishing in 8th place at the 2018 World Championships and being 2 times British Tumbling Champion. All these achievements are amazing but I wouldn't have achieved any of this if it wasn't for SGC. Growing up in Peckham it is very easy to get led astray and caught up in criminal activity. Thanks to the club and my parents I never even thought about getting involved in any of that stuff. I had to leave due to lack of facilities but it is safe to say SGC forms a massive part of my story.

07

MENTORING & VOLUNTEERING

For any sports club to be successfully grow it will need to a new generation of coaches to emerge continually.

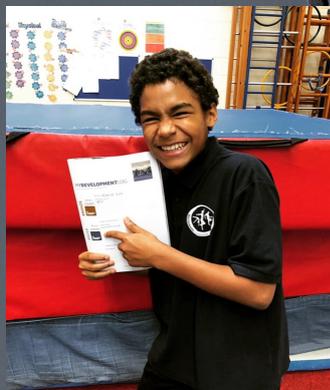
Many of our current coaches first started as gymnasts at the clubs themselves and when the time was right, they moved into coaching. We recognise the importance of developing our young people not just into the best athlete they can be but to develop the qualities needed to be a coach

- Patience
- Role Model
- Leadership
- Empathise
- Encourage

Every aspiring coach should have a mentor. Our prospective coaches receive mentoring from an experienced member of the team where they can feedback valuable information covering technical, planning, and other skills that are needed to become a successful coach.

MY LEADERSHIP ACADEMY.

With the help of British Gymnastics we have been able to support our young people getting into volunteering positions around the club. In 2019 we had 10 young people enrolled into the Leadership Academy volunteering on average 2 hours per week each in coaching and organising roles. Each young Leader is also assigned a Mentor as they work to complete each level.



YOUNG LEADERS

10

CURRENTLY ENROLLED

IT'S REALLY FUN!

I have been able to prepare for becoming a coach through the Leadership Academy. I help lead gymnasts through different activities in the Holiday Club and Competitive Programmes. My confidence has grown a lot.

Soda, Aged 14, Young Leader

08

EVENTS

One Life Cycle



In partnership with London Youth and Chubb insurance we were invited to take part in the #OneLifeCycle event. The focus was to bring young people, communities and employees together through Physical Activity and culminated in us being invited, alongside Westminster House Youth Club, to the Chubb Head Office in the City of London.



Club Championships



Over 150 of our gymnasts took part in our annual club championships which was organised with the help of our Young Leaders. Raised over £3,000 to be reinvested into new equipment and coach education.



End of Year Show



Over 250 gymnasts performed well rehearsed routines to a large audience at our main venue Brunswick Park School. Raised over £1,500 which was reinvested into new equipment and coach education.

TO ORGANISE THE SHOW
84
HOURS VOLUNTEERED
BY COACHES, YOUNG
LEADERS AND PARENTS

09

THE FUTURE

Our plans for a £4 million extension of Brunswick Park School Sports Hall and the transfer of a long-term lease to the club are key for the security of the club and being able to upscale the work that we do.

An upgraded facility, alongside the two existing satellite venues, will increase capacity and help us reduce the long waiting lists. It will open the building to more community groups to take advantage of a new studio and classroom space. It will also eliminate the need for talented gymnasts to train elsewhere or leave the club completely as we will have a facility good enough for world class performers. All in the heart of an under privileged and less active community.

EXTENSION IMPACT	NO.
Increased Capacity	750+
New Sessions	30+
New Coaches	20+

- Increased Disability Access ✓
- Increased Health and Well-Being ✓
- New High-Performance Opportunity ✓
- New Community Partnerships ✓
- New Apprenticeship Scheme ✓





THANK YOU



POTTER RAPER



@SouthwarkGymnasticsClub



@SouthwarkGym



Southwark Gymnastics Club

EMAIL

info@southwarkgymnastics.co.uk

WEB

www.southwarkgymnastics.co.uk

