



End of Grant Monitoring Form

Final Report

Introduction

Monitoring and evaluating your funded work is important, not just to us and our donors, but also for your own learning, planning and future funding applications. The information you include in this form helps us to understand the impact of our work and helps us to design future programmes. Please take time to familiarise yourself with the questions and contact us if you have any queries. You can call us on 020 77582 5117 or email monitoring@londoncf.org.uk.

Tips:

You can also hover over the (i) symbol next to each question for help on how to respond.

There is a word limit for each large text box.

It is a good idea to draft your responses using a word processing programme such as Microsoft Word, so that you can check your spelling and word count as you go along. This will also prevent you from losing your work if your computer crashes.

Remember to save your progress regularly by clicking 'Save as Draft' at the bottom of the page, to prevent you from losing your work in case of internet problems.

If you are having trouble viewing the online form, we recommend you try a different internet browser, such as Mozilla Firefox or Google Chrome. The form does not work well in old versions of Internet Explorer.

Your organisation

Organisation

Name

Track Academy

Address

79A Chartridge Lane,, Chesham, Buckinghamshire, HP5 2SE

Phone

07714243797

Primary email

quen.geuter@outlook.com

Contact details

Name

Ms Connie Henry

Email address

connie.henry@trackacademy.co.uk

Role at Organisation

Founder and Director

Person completing this form

Is the person completing this form different to the one named above?
If 'Yes', please enter the name contact details below.

Provide Alternate Contact Details?

Yes;Yes

First Name

Quen

Last Name

Geuter

Job Title

Fundraising and MEL Coordinator

Phone

0767570558

Email

quen.geuter@outlook.com

Grant Details

Grant Local Application Number

A458387

Monitoring Due Date

11/2/2019

Local Application Number

Amount Awarded

£10,000

Programme Name

Active Communities

Round Name

R1

Project Name

Track Academy Active for Life Project

Project Description

£10,000 to deliver athletics and multi sports sessions for children aged 8 to 11 and parents/carers from disadvantaged backgrounds in Brent. Sessions to take place three times a week over 52 weeks engaging 230 children and 200 parents.

Your project

What did you do with the grant?

Over the last 12 months, Track Academy has been developing its Multiskills Programme for 8-11 year olds with thanks to this grant from Sport England and LCF. Through the funding we have delivered 182 multiskills sessions to 141 individual young people including 52% new members (73 new members). These sessions are 60 minutes long and held 3 times a week, providing regular training led by qualified coaches and focusing on core skills, physical literacy, confidence and fun activities. The aim of the Multi Skills programme is to create a habit of sporting activity at an early age that is sustained into adulthood, thus reducing inactivity both in the short term but also over the long-term of 10 years and beyond. In order to engage additional new members, the programme has delivered 8 outreach sessions into local schools in Brent, reaching over 1600 young people and their parents through information, engaging 42 young people in sessions, 6 of which have gone on to become Track Academy members full time (15% follow-through).

The project also worked with parents, engaging them into regular sporting activity with their children. This included development of a monthly event called 'Family Mile PB' in which families take part together to improve their personal bests month by month, as a team. These events engaged 39 families into regular sporting activity.

In addition, Multiskills programme members have had access to study support sessions twice a week and mentoring support to gain help with specific issues and to support the development of life skills. This included 12 micro-mentoring sessions benefiting 21 young people, 2 workshops focusing on x and y and activities to build confidence.

Additional events included a 5k parkrun challenge and 2 minithon events held in the year plus 2 community invitational events engaging over 400 residents.

Project Budget

Staff Costs			
Requested:	£5350.00	Approved:	£5350.00
Breakdown: Part time post Multi Skills Coordinator to manage partnerships, organise sessions, supervise coaches, mentors and volunteers and collect monitoring information and assist with organising wider Track Academy events and activities as appropriate including parent participation (£1000 per month)			
Operational Costs			
Requested:	£2400.00	Approved:	£2400.00
Breakdown: Session coaches £15 per hour to deliver 3 sessions per week, plus school taster sessions= 160 hours of sports delivered through TA's sport for personal and social development (SPSD) methodology, which integrated sport with mentoring, life skills, education and mental, social and physical wellbeing.			
Publicity Costs			
Requested:	£2250.00	Approved:	£2250.00
Breakdown: PR costs including monthly press release, promotional activities aimed at schools and younger members, parents and promoting engagement in athletics (£187.50 per month)			
Other Costs			
Requested:	£0.00	Approved:	£0.00
Breakdown: Venue hire for hire of track, office space and classrooms (£50 per month)			
Totals			
Requested:	£10000.00	Approved:	£10000.00

Item Category	Item Description	Budgeted Amount	Actual Amount
Staff	Multi Skills Coordinator	5350	5350
Operational/Activity	Coaches	2400	2400

Publicity	PR costs (consultant, press releases, social media)	2250	2250
Other	venue hire	0	0
		10000.00	10000.00

Please explain why this is the case and when you expect it to be fully spent

Has the grant been fully spent?

Yes;Yes

Living Wage

Did you pay all staff costs funded through this grant at the Living Wage? Please select N/A if this does not apply to you, i.e. you did not use any of your grant to pay staff costs.

Yes;Yes

Please provide any comments, positive or negative, on the impact of paying staff at the Living Wage.

Are you an accredited Living Wage Employer?

Yes

Have you become a Living Wage accredited employer in the last 12 months?

Yes

Were you paying staff costs at the Living Wage before receiving this grant?

Yes;Yes

Did you seek help in the form of advice or additional funds, from The London Community Foundation, to pay staff costs funded through this grant at the Living Wage?

No;No

As a result of this grant and paying the Living Wage how many employees have received a pay rise?

1

How many people benefited from the grant?

573

What percentage of beneficiaries identify as female

298

What percentage of the beneficiaries identify as male?

275

How many inactive people did you target and reach?

1100

How many inactive people became active as a result of the project?

42

What percentage of beneficiaries identify as disabled

2

How many volunteers were involved in the project (not including Trustees and/or Management Committee)?

3

Ethnicity

From which ethnic group were the majority of the people who benefited from your project?

Black and Black British

Please list any other ethnic groups who will benefit from your grant:

- | | |
|---|---|
| <input type="checkbox"/> African | <input type="checkbox"/> All ethnicities |
| <input type="checkbox"/> Any other | <input checked="" type="checkbox"/> Asian and Asian British |
| <input checked="" type="checkbox"/> Asian and White | <input type="checkbox"/> Bangladeshi |
| <input checked="" type="checkbox"/> Black African and White | <input checked="" type="checkbox"/> Black Caribbean and White |
| <input checked="" type="checkbox"/> Caribbean | <input type="checkbox"/> Chinese |
| <input checked="" type="checkbox"/> Chinese or other group | <input type="checkbox"/> Indian |
| <input checked="" type="checkbox"/> Mixed | <input type="checkbox"/> Other Asian |
| <input checked="" type="checkbox"/> Other Black | <input type="checkbox"/> Other Mixed Ethnicity |
| <input checked="" type="checkbox"/> Other White | <input type="checkbox"/> Pakistani |
| <input checked="" type="checkbox"/> White | <input checked="" type="checkbox"/> White British |
| <input type="checkbox"/> White East European | <input type="checkbox"/> White Gypsies and Travellers |
| <input type="checkbox"/> White Irish | |

Beneficiaries

What was the main target group of your project?

Black, Asian and minority ethnic

Please list any other beneficiary groups who will benefit from your grant

- | | |
|--|--|
| <input type="checkbox"/> Carers | <input checked="" type="checkbox"/> Children and young people |
| <input type="checkbox"/> Ex-offenders/offenders/At risk of offending | <input checked="" type="checkbox"/> Families/Parents/Lone parents |
| <input type="checkbox"/> Homeless people | <input type="checkbox"/> Lesbian, gay, bisexual and transgendered groups |
| <input checked="" type="checkbox"/> Local residents | <input checked="" type="checkbox"/> Long-term unemployed |
| <input type="checkbox"/> Men | <input checked="" type="checkbox"/> Not in education, employment and training (NEET 16 |
| <input type="checkbox"/> Older people | <input type="checkbox"/> People in care or suffering serious illness |
| <input checked="" type="checkbox"/> People living in poverty | <input type="checkbox"/> People with alcohol/drug addictions |
| <input type="checkbox"/> People with learning difficulties | <input checked="" type="checkbox"/> People with low skill levels |
| <input checked="" type="checkbox"/> People with mental health issues | <input type="checkbox"/> People with multiple disabilities |
| <input type="checkbox"/> People with physical difficulties | <input checked="" type="checkbox"/> Refugees/asylum seekers /immigrants |
| <input type="checkbox"/> Victims of crime/violence/abuse | <input checked="" type="checkbox"/> Women |

Age Groups

From what age group were the majority of the people who benefited from your project?

Children (5-12)

Please list any other applicable age groups for your grant.

- | | |
|--|---|
| <input checked="" type="checkbox"/> Adults (26-65) | <input type="checkbox"/> All ages |
| <input type="checkbox"/> Early years (0-4) | <input type="checkbox"/> Seniors (65+) |
| <input type="checkbox"/> Young adults (19-25) | <input type="checkbox"/> Young people (13-18) |

Issues

What was the main issue you sought to address with your project?

Poverty and disadvantage

Please list any other issues that will be addressed by this grant

- | | |
|--|--|
| <input checked="" type="checkbox"/> Anti-social behaviour | <input type="checkbox"/> Arts, culture and heritage |
| <input checked="" type="checkbox"/> Building skills and improving access to employment | <input checked="" type="checkbox"/> Bullying |
| <input type="checkbox"/> Caring responsibilities | <input checked="" type="checkbox"/> Counselling/Advice/Mentoring |
| <input type="checkbox"/> Crime and safety | <input type="checkbox"/> Disability and access issues |
| <input type="checkbox"/> Domestic violence | <input checked="" type="checkbox"/> Economy |
| <input checked="" type="checkbox"/> Education, learning and training | <input type="checkbox"/> Emergency/Rescue services |
| <input checked="" type="checkbox"/> Employment and labour | <input type="checkbox"/> Environment and improving surroundings |
| <input type="checkbox"/> Financial exclusion and financial illiteracy | <input checked="" type="checkbox"/> Gangs |
| <input type="checkbox"/> Harmful practice | <input checked="" type="checkbox"/> Health, wellbeing and serious illness |
| <input type="checkbox"/> Homelessness | <input type="checkbox"/> Housing |
| <input type="checkbox"/> IT / Technology | <input checked="" type="checkbox"/> Language, culture and racial integration |
| <input checked="" type="checkbox"/> Mental health | <input checked="" type="checkbox"/> Offending/At risk of offending |
| <input checked="" type="checkbox"/> Reducing isolation | <input checked="" type="checkbox"/> Refugees/Asylum/Immigration |
| <input type="checkbox"/> Religion | <input type="checkbox"/> Renewable energies and recycling |
| <input type="checkbox"/> Rural issues | <input type="checkbox"/> Sexual abuse |
| <input checked="" type="checkbox"/> Social inclusion and fairness | <input checked="" type="checkbox"/> Sport and recreation |
| <input type="checkbox"/> Stigma/Discrimination | <input checked="" type="checkbox"/> Stronger communities/Community support and devel |
| <input type="checkbox"/> Substance abuse and addiction | <input checked="" type="checkbox"/> Supporting family life |
| <input type="checkbox"/> Violence and Exploitation | |

Other issues detail

IMPACT and outcomes achieved

When you applied for funding you chose a number of target outcomes and indicators that you predicted would be achieved by your project. The following section asks you to tell us how you have done.

You will see the same numbers you entered in your application form. Against each indicator, please now enter the number that was achieved. Where possible, provide details of the evidence that you gathered to report on each indicator.

If you did not manage to achieve your predicted number, please provide an explanation to help us understand the challenges you faced.

IMPACT Category

Advance people's physical and mental health, wellbeing and safety

The primary outcome selected for your project/activity

Increase access to sport, exercise and leisure activities

Number of hours of sport, exercise & leisure activities currently provided by the project

Predicted value	280
Actual value	194
Comments / evidence	176 hours of athletics coaching with qualified coaches through the Multiskills programme, 10 hours of family events and competitions and 8 hours of school engagement sessions as recorded on VIEWS data management system

Number of new activities available as part of the project

Predicted value	25
Actual value	63
Comments / evidence	10 new family engagement activities (4 family personal best sessions and 6 minithons), 45 junior multiskills expansion project sessions and 8 taster sessions in local schools as recorded on VIEWS

Number of new people taking part in sport, exercise and leisure activities as part of the project

Predicted value	300
Actual value	410
Comments / evidence	About 150 local people engaged through the summer invitational and 150 during the winter invitational. 16 new 5-12 year olds joining Multiskills programme and attending regularly, 52 parents engaged regularly and 42 primary school engaged through the taster sessions in schools

Number of people taking part in sport, exercise and leisure activities as part of the project

Predicted value	25
Actual value	573
Comments / evidence	As above and an additional 163 young people ages 8-11 taking part in Multi Skills programme every week, twice a week throughout the year, As recorded on VIEWS.

The second outcome selected for your project/activity

Improve health (physical / mental / emotional)

The third outcome selected for your project/activity

Reduce isolation

The fourth outcome selected for your project/activity

What were the benefits and outcomes of your project?

The basis of this project was to open up opportunities for young people and their parents to access sport- and specifically athletics, at Track Academy. It has long been known that lower economic status is strongly correlated to increased sedentary behaviour. In Brent, 50% of the population is reported to be inactive (Brent Physical Activity Strategy 2016-21). A key barrier to physical activity amongst children is parents' perceptions of affordability, especially amongst communities of disadvantage (Hardy, Kelly, Chapman, King, & Farrell, 2010). Through the funding from Sport England for this project, Track Academy has been able to provide access to activities in local primary schools free of cost. An additional barrier to access is parental knowledge. This project has focused on reaching out to parents both through communications via partner schools and through engagement in activities within Track Academy, including through engagement in the family mile personal best monthly activities, weekly parent-child sessions with younger children and engagement through community events.

Research shows that in order to build a lifetime habit of physical activity, interventions need to focus on children early on, in order to reverse patterns of inactivity already established by age 14 years (Brodersen, Steptoe, Boniface & Wardle, 2007). Sport England's Strategy emphasises a focus on younger children in order to build a "positive attitude to sport that builds the foundation of an active life". This project has enabled Track Academy to expand its work with 5-8 year olds and engage new young people into its 8-11 year old programmes, through engagement of inactive young people in schools, using qualified coaches to link these young people into regular sports. 80% of Track Academy members attend TA at least once a week for an average of 5 years.

What impact has the funding had on your organisation?

This funding has enabled Track Academy to expand its pilot MultiSkills programme. Initially the project was to focus on 8-12 year olds, but in discussion with schools and parents, it was identified that there was a need for regular sporting interventions for the younger age group as well, so this project has enabled the additional expansion to a Junior MultiSkills programme for 5-8 year olds. This has proved a successful addition to the programme both in terms of engaging children from inactive families, and engaging with their parents.

The project has also enabled us to consolidate relationships with 8 local primary schools, which will be hugely beneficial into the future. We will continue to work with these and other local schools to ensure there are regular opportunities to provide coaching sessions and taster sessions in school, and a clear pathway into engagement long-term into Track Academy's long-term, focused support. 92% of Multiskills members surveyed in Track Academy's annual survey say they attend because they love athletics, highlighting the role that athletics can play as a significant hook into sport, especially amongst certain BME communities with strong role models already in the sport. 76% of respondents said that taking part in athletics helped them feel more confident about themselves and 81% said they feel more fit and healthy than they did a year ago. 97% say they feel their coach respects them, and this helps to build engagement, raise confidence and support skills development. Results for education engagement and soft skills are also improved through engagement with Track Academy and these findings are supported by feedback from parents and teachers. 84% of parents agree or strongly agree that their child is more active than a year ago. In addition, 90% of parents strongly agree that Track Academy contributes to the community.

Please tell us about any challenges you faced during the grant period and how you overcame them.

While we have long standing partnerships with secondary schools and colleges in Brent, working with Primary schools has been a new part of our focus, built on through this project following a pilot in 2017. We need to work a bit harder at this relationship building as schools are not yet very clear what our role is and what we expect of partner schools. For example, taster session attendance for this project was much lower than we expected, at an average of 6 young people attending, where we were expecting an entire class of 20 or so children to join each session. This is one reason why the engagement of young people into the project was rather smaller than expected. In addition, we have found it very challenging to engage parents into regular activities. We have found that the best approach is a monthly family event, rather than a weekly engagement, as parents are very time-scarce and struggle to attend weekly. The Family Mile PB is proving to be a popular addition to our schedule, with families competing together to see if they can improve their family best time as a team. This both engages adults in physical activity, engages them into a shared activity with their children and gives TA coaches the opportunity to talk to parents about how they would like to build more physical activity into their lives.

Were there any unintended or unexpected outcomes (positive or negative) as a result of the funding? If so, what were they?

Although the number of young people engaged through the schools was less than we expected, we are very pleased that 15% of those engaged in school taster sessions have gone on to join TA and become regular attendees. We see this as a very positive result and shows the real impact that we can have at an early age in breaking the habit and cycle of inactivity that children in Brent get into. If we can maintain or improve that follow-through rate we will be very happy. This project has taught us a great deal about what works and what doesn't and so there have also been some unintended consequences for internal planning and delivery, which will help to make the programme even stronger in future years.

Will the work continue beyond the life of this grant?

Yes;Yes

If so, in what way? What funding have you secured or will you need to secure to deliver it?

We have secured funding from a number of funders to continue this work in 2019, including a strong push into primary schools in partnership with Wembley National Stadium Trust. Meanwhile we have funding from a number of core donors to support the MultiSkills Coordinator role, which means we can continue to deliver the day to day work of athletics, education and mentoring for existing 5-12 year olds engaged through this project.

Has the grant enabled you to raise funds from other sources?

Yes

How much have you raised so far?

20000

If so, where did this funding come from?

Wembley National Stadium Trust, Henry Smith Foundation

Please provide a short case study of at least one individual who benefited from your project.

see attached

Feedback

How would you rate your involvement with us, on a scale of 1-5? (1=poor, 5=excellent)

5

Please provide any comments (positive or negative) on any aspect of your involvement with us.

none

Supporting Documents

Use the [Attachments](#) button at the bottom of the form to attach any supporting documents.

Mandatory:

Your latest annual accounts

Receipts and invoices for items over £50 (not required if your grant was unrestricted or towards core funding)

Optional:

Photos/videos

Detailed case studies

Flyers/posters

Spend report for your project

Other items produced through your grant, e.g. toolkits or other resources

Please note that our system does not accept large files, such as TIFFs or PNGs. If you are scanning and sending documents, please scan them as PDFs and where possible, merge them onto one document. There are a number of free online tools available to help you to do so.

If you have any problems uploading your documents or submitting your form, please call us on 020 7582 5117 and a member of the Programmes Team will be happy to assist you.

Declaration

Please tick to confirm you have read and understood the information contained in this end of grant monitoring report.

Yes

Please tick this box to give permission for the information provided in this form to be used by The London Community Foundation for marketing purposes.

Yes