

LEARNING VISIT REPORT
Frenford Clubs 12515

<p>1.1 Date of visit: 22 January 2017</p>	<p>1.2 Name of visiting Grants Officer: Jack Joslin</p>	<p>1.3 People met with: Neal Akhtar & Andy Dear</p>
<p>1.4 Programme Area & Outcomes: Making London More Inclusive</p>		
<p>1.5 Purpose of the award: £54,000 over three years (£22,000; £18,000; £14,000) towards the salary of a 22hpw Disability Activity Development Coordinator and related running costs to increase disabled people's participation in sports.</p>		
<p>MONITORING INFORMATION</p>		
<p>2.1 Project Outcome 1: An increase in disabled participants taking part in sport. With more projects being run for disabled participants and outreach work being co-ordinated by the development worker, we foresee a significant increase in disabled participants attending our venue taking part in activities. Progress made: Since the project started Andy, the Development Worker, has developed a range of projects for disabled participants both at the Club and with outreach in the community. Currently they run wheelchair basketball, wheel chair cricket and other multisport sessions through-out the week. They have also set up a gym at the centre which allows the Development Worker to work with attendees on independent living skills. They have seen a large increase in participants and regularly have 12 people attending each of the sports sessions.</p>		
<p>2.2 Project Outcome 2: Those with disabilities are less isolated by having a range of programmes available to them. The programme will provided more opportunities for similar individuals to get together and take part in activity alongside one another. Progress made: It was clear from my visit that Frenford Clubs runs a wide range of community programmes. Funding has allowed the development worker to create projects and set up teams that are wanted by disabled participants. It is clearly a social occasion, when your officer visited a wheelchair basketball session was taking place and some of the players stated they attended every week and the sessions allowed them to meet new people. There is a new gym area where participants can train & improve their strength, making them more independent and helping reducing isolation.</p>		
<p>2.3 Project Outcome 3: More self-confidence and self-esteem in our disabled participants through developmental sporting activities. Our projects are focused on helping individuals develop as people, this is especially true of the projects offered to younger participants, we look to enhance and develop the characters of those attending through developmental sports. Progress made: From the session that you officer viewed it was clear that the participants had improved confidence and self-esteem. Your officer spoke with a number of the</p>		

participants after the session and they explained how the project had helped them meet new people, improve their fitness and be more confident. Some of the regular participants have started volunteering at Frenford clubs and helping to run the different sessions.

2.4 Project Outcome 4: Integrated local community through Inclusive Zone Sports. The project will provide opportunities for disabled & able-bodied participants to take part in sport alongside one another & encourage more integration in the community.

Progress made:

Since your funding started the Development Officer has set up a number of inclusive sessions. As Frenford clubs is a local youth club as well as providing specialist disability sports session they have found integrating the two to be quite easy. They offer a number of Zone Sports sessions which put able bodied participants in the same teams as the disabled participants. They have found that the Zone Basketball games are the most popular but have also found a good uptake in able-bodied participants joining in with the wheelchair basketball sessions. During the visit your officer was encouraged to give it ago at great amusement to the other participants.

2.5 Project Outcome 5: Promote integration at Frenford by offering projects run both for disabled participants and able-bodied participants, (Inclusive Zone Sports).

Progress made:

The Development Officer is always looking for new ways to make the programmes they run more inclusive. By its very nature the Youth Club is an inclusive and accessible space. Disability sport sessions run alongside regular sessions and all of the work they do seem to be open and welcoming everyone in the community.

GRANT OFFICER COMMENTS

Frenford clubs is an impressive organisation. The Club itself is set in large premises that they have on a 100 year lease from Redbridge Council. The club includes four full-size football pitches, two five aside pitches, a large sports hall and three studios. The building is well run and they generate a lot of their income by renting out their space. Your officer visited on a Sunday and there were lots of activities taking place including one of the sessions you support. Frenford Clubs have recently been awarded the London Youth Gold Quality Mark and it was clear that they are a well-run and impressive organisation. Andy the Development Officer has been working in disability sports coaching for many years. He was close to being included in the Team GB wheelchair basketball team at the Sydney Olympics. He has a great deal of passion in disability sports provision but also helping the participants break down barriers that they face. The development of a Gym on the sight has allowed him to work with attendees on a one-to-one basis. He provides independent living sessions that allow people with disabilities to develop different muscle groups to assist them in their day to day life. This programme has become popular and they have plans to use the clubs kitchen to provide cooking sessions as well. Your officer discussed with the charity what they would do once the funding came to an end and they are considering different funding proposals at the moment to ensure the project can be continued and sustained.