



inspire+

**OUR 2023/24  
IMPACT REPORT**

Healthy, Happy and More Active Children and Young People



# Welcome

## Celebrating Our Achievements

We are delighted to present the inspire+ Annual Impact Report, highlighting our efforts and achievements over the past year.

We continue our mission to ensure that young people in our communities are Happy, Healthy, and more Active through the power of sport and education.

This year, we have extended our programmes to even more schools and communities, ensuring every child has access to high-quality physical education and sport, leadership and enrichment opportunities. Our apprenticeship team have now given over 600 people, the opportunity to work in schools supporting PE, School Sport and increasing physical activity levels.

Our innovative programmes help increase children and young people's physical activity and boost their mental and emotional well-being. However, the need for our work has never been greater. Recent figures show that 1 in 4 children in the UK are classified as obese before they even start secondary school, fewer than half of all children are meeting the Chief Medical Officer guidelines of taking part in sport and physical activity and 48% of young people have reported experiencing a mental health problem.

Sedentarism, worsened by the digital age, contributes to a growing health crisis among young people. In addition, many of the children we work with come from areas of significant deprivation,



where poverty limits their access to extracurricular activities that could improve their physical and mental health.

inspire+ is committed to combating these issues head-on. Our initiatives have not only improved physical fitness but also equipped young people with the confidence, communication, resilience and teamwork skills, they need to succeed in all areas of life. We hope you are as inspired as we are by the stories of transformation, growth, and success our initiatives and apprenticeships have made possible.

For schools and partners reading this report, the impact is a testament of your support and evidence of the positive

difference we can make together. None of this would have been achievable without you. Together, we are building a Healthier, Happier and more Active future for the next generation.

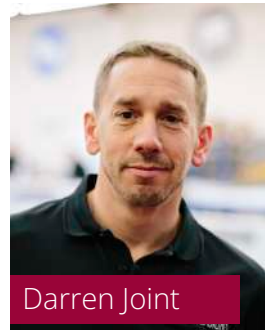
Finally, we would like to highlight and acknowledge the wonderful and huge effort of the inspire+ team who really are making a huge difference to children and young peoples lives every single day.

*Vincent*  
**Vincent Brittain**  
Chief Executive/ Founder



Vincent Brittain

*Darren*  
**Darren Joint**  
Chair of Trustees



Darren Joint

A pupil having fun at the Mini Olympics

# Who we are

We are an independent sports and education charity that changes young people's lives by leading healthier lifestyles through physical and well-being activities.

## OUR Mission

Healthy, Happy, Active Young People.

## OUR Vision

Working together to inspire a community who are healthier, happier and more active.

### Holiday Camps

Our holiday camps take place in South Kesteven and surrounding areas.

### Apprenticeships

Our apprenticeships are delivered in several cohort areas. We serve a large number of schools in the East of England.

### Member Schools

Our member schools are located in South Kesteven and surrounding areas.

## OUR Locations



# Our **impact** this year



1900+ hours of coaching, leadership and active play



Over 600 inspire+ PE, Sports and Teaching apprentices hired to date



2000+ hours of inclusive sports and activities



6,600+ hot nutritious meals served at our holiday camps

# CHINA



Pupils of Marston Thorold's Charity CE School Participating in the Legacy Tour

## PRIMARY SCHOOLS

We supported schools in providing a diverse breadth of high-quality PE, sport & leadership opportunities for their pupils.

### Young Ambassadors

Throughout the year, pupils have supported the PE Lead by promoting healthy, happy, active opportunities in schools and running events and assemblies.

For the first time, the efforts of the Young Ambassadors were recognised with the bronze, silver and gold awards they received at the Mini Olympics.

### Legacy Tour

Young Ambassadors have delivered the Legacy Tour, through a schools relay covering all member schools over 3 months. Assemblies were delivered focusing on the 2024 Olympics and Paralympics.

# 135

young ambassadors  
trained this year

# 46

Legacy Tour assemblies  
delivered by them



Leadership Briefing



## Inspirational Ambassador Visits

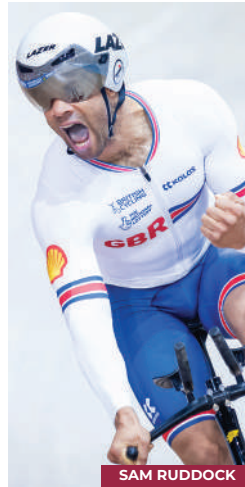
Our Sports Ambassadors are experts at delivering impactful presentations that resonate with all pupils.

The ambassadors conducted whole-school assemblies and workshops to both classes and targeted groups of children with themes chosen by the schools, tailored to all year groups.

This year, Para-Cyclist World Champion Sam Ruddock, 3 time World Champion High Jump T44 Jonathan Broom-Edwards, Olympic Gold medallist Joe Roebuck, and World Champion Hurdler Dai Greene delivered these inspirational sessions.

# 143

assemblies delivered



AT PARIS PARALYMPICS 2024!



### Themes explored this year:

- How to be our best
- Body language communication
- Setting and achieving your goals
- Over-coming set backs
- The importance of being active and healthy
- Beating challenges
- Diet and nutrition
- Achieving your dreams



## Talented Athletes Programme

Nominated pupils in key-stage 1 and their parents were invited to join us at a 6-week community club at a central venue.

Our talented athlete Year 3,4 pupils & Year 5, 6, 7 pupils accessed programmes delivered through a range of virtual and face to face sessions.

Pupils were put through a range of topics including developing sporting fundamentals, psychology, cookery sessions, resilience, teamwork, communication, and fitness testing.

## inspire+ Cadets

The 6-week programme designed for Key Stage 1 (KS1) Students enabled children to develop essential life skills and values through the power of sport.

## YST Inclusion School

As Lincolnshire's Youth Sport Trust Inclusion School, we collaborated with the Sports Games Organiser network to support inclusive sports leader training and delivered four inclusive sport CPD sessions to school staff and apprentices across the county.

# 260

children accessed our Talented Athlete Programmes

# 242

children accessed inspire+ cadets





## FA Girls Active Story Time



This 6-week programme for groups of chosen children combined physical activity with literacy links by utilising the engaging FA Girls Disney Inspired resources.

## FA Girls events

As an FA Girls Hub, we organised local festivals to engage young people in physical activity, including Pokémon-themed futsal, Disney-inspired SEND events, and a football festival for over 300 children during the national #LetGirlsPlay day.

## Playground Leadership Training

We trained children to become Playground Leaders and upskilled lunchtime supervisors to enable playgrounds to become a more active place through structured play.

Pupil at FA Girls session



Children at the Playground Leadership Training



# 199

children accessed our FA Girls Active Story Time programme

# 222

children trained as Playground Leaders

In partnership with:



The 2024 Mini Olympics was a huge success with 2,228 children accessing fun and engaging activities during the 3 days of the event. Activities included sports that appear in the Olympic and Paralympic Games such as wheelchair sports, badminton, athletics, hockey and boccia.

The children also met their favourite sports ambassadors. The participants were treated to the fantastic freestyle football skills of Stephen Gray and involved in the inspirational closing ceremony coordinated by The Royal Ballet and Opera.



# Mini pics



Opening Ceremony



Chase, inspire+ Mascot



Banner Competition



Athletics



Sport Ambassadors  
signing autographs



Closing Ceremony



Boxercise



Dancing with the Royal  
Opera House



## PGL Half-Day

Learning through Outdoor Adventure Activities (OAA) with our PGL half-day access.

Schools accessed thrilling experiences that promoted teamwork and personal growth. Stepping outside the classroom and into a world of adventure and learning.

## Active Maths and English

Across the year we delivered 6-week blocks of intervention of active maths or activity literacy sessions.

Using full lesson plans, these sessions have either been delivered to full classes or for targeted intervention to groups of children who are struggling with the topic but can engage with physical activity.

The sessions fitted alongside particular areas of learning being focused on in the curriculum.



**240**

children accessed a half-day visit to PGL

**136**

children were engaged with Active Maths & English sessions



## Sports Day Support

Unlocking the full potential of schools' sports day. Our team assisted with planning, organising, and executing seamless sports day, ensuring an enjoyable and successful experience for all participants.

## PE Leader Support

Our team supported PE leads throughout the year from writing the curriculum map, medium and long term planning, preparing PE for Ofsted, and embedding their inspire+ services for the maximum impact.

This was particularly beneficial to teachers who were new to the role as PE lead.

Apprentice providing support to the children



# 1120

children supported on sports days

# 840

children accessed support throughout the year by our PE Leader Specialist



Staff attending one of the forest school skills training sessions at Greatwood Farm

## Structured Playground Games Coaching

Our coach led engaging and inclusive play sessions during lunchtime, providing a fun and safe environment for children to join in and be active.

Additionally, CPD Opportunities were given to Teaching Assistants and Midday Supervisors to enhance their skills.

## CPD Courses

We provided a wide range of free to access courses throughout the year, covering sport specific, PE and key stage-specific topics.

## Local Festival Support

Working with our local SGO and primary schools, we've not only supported local events with our Sports Leadership Academy, but also organised festivals. These included Boccia, New Age Kurling, Goalball, and a town cross country competition.

# 42

schools accessed support for active, structured play at lunchtimes

# 204

places accessed on our CPD courses for school staff

## Mentoring Programme

This year, we offered four mentoring programmes to support young people:

- **Aspire to Inspire:** Supporting KS2 children interested in sports but needing help with behaviour, resilience, goal-setting, and confidence.
- **Fitness Mentoring:** A 6-week programme for KS1 & KS2 pupils to build confidence in physical activity.
- **Wake & Shake:** 20-minute, high-energy sessions before or after registration to help children focus better in class.
- **Nutritional Mentoring:** Led by an athlete ambassador, providing guidance on maintaining a balanced, healthy diet.



361

children accessed one of our mentoring programmes



Ofsted

## Ofsted PE Deep Dive Support

We have provided support to 5 of our schools who have received a deep dive from Ofsted into PE. We have not only provided support to PE leads to prepare for Ofsted inspections, but attending the inspections to support the PE lead through the interview. We are delighted that a number of our services have now been recognised within school reports from Ofsted.



5

schools received the Ofsted Deep Dive support

## SECONDARY SCHOOLS

We continued to provide extensive support to secondary schools through the provision of leadership training and volunteering opportunities for students across Year 7 to Year 13.



## Sports Leadership Academy

Our comprehensive yearly training equipped students to support their PE departments and local events while accessing Level 1 and Level 2 qualifications for Leadership Skills Foundation.

Sports Leaders at the Badminton Festival



## inspire+ Activators

Students were able to continue their leadership roles from primary school into year 7.

They provided activities for less confident Year 7 students. Activators will progress into the Leadership Academy in year 9.

Leaders at the Mini Olympics







# 322

**Sports Leadership Academy  
students**



## Create Day

Create Day is a mass celebration of children's creativity through dancing, singing and design exploring the Rights of the Child in collaboration with UNICEF, and featuring Royal Ballet dancers and Royal Opera singers.

With over 40,000 children participating from all over the country, the charity co-hosted the centrally organised event in Grantham at St Wulfram's Church and had more than 480 children and young people attending it. Create Day 2024 was one of the most moving and special events we have been involved in date.

In partnership with:





Pupils grabbing a healthy snack at the HAF camp in Grantham

## COMMUNITY

Our holiday clubs ensure each child receives nutritious meals and healthy snacks daily, as well as providing opportunities to be more active.



### Move & Food Camps

Our Move & Food programme is funded through the UK Shared Prosperity Fund with South Kesteven District Council. The funding provides free holiday clubs for reception to year 11 pupils in receipt of benefits-related free school meals in South Kesteven during February, May and October half term breaks. Funding is confirmed for this until March 2025.



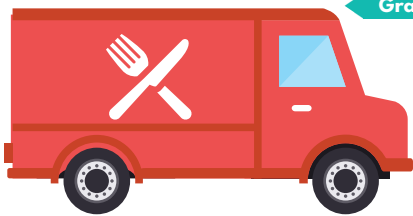
### Holiday Activities and Food (HAF) Camps

The HAF programme is a government-funded initiative that provides free holiday clubs for reception to year 11 pupils who receive benefits-related free school meals in Lincolnshire during the Summer, Christmas, and Easter holidays.

# Our impact

6,600+

healthy hot meals



9 delivery partners alongside the skillset of our sports coaches and teaching staff

In partnership with:



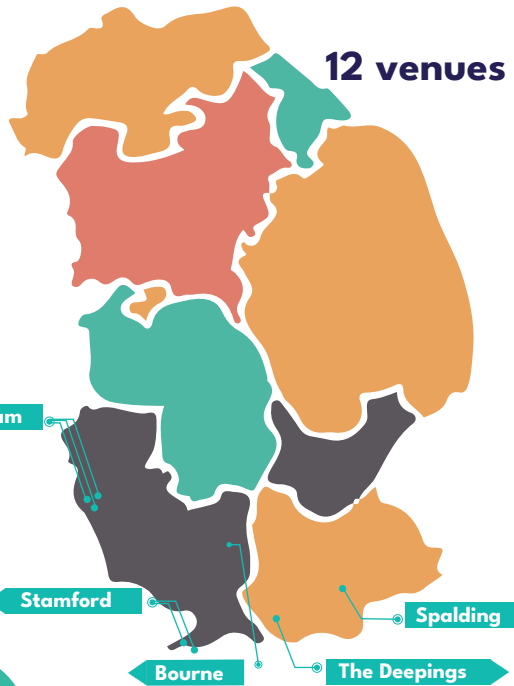
SOUTH  
KESTEVEN  
DISTRICT  
COUNCIL



Department  
for Education



Department for Levelling Up,  
Housing & Communities



Lincolnshire

Over  
3,000  
leader hours



In partnership with:



Apprenticeships



Inspire  
Education Group

## EDUCATION

We are an apprenticeship training provider that helps businesses recruit and train their ideal candidates whilst supporting apprentices and empowering them to develop knowledge and advance their careers.

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### Apprenticeships

Apprenticeships are work-based training programmes that help businesses find and develop new talent. They provide learners with skills, experience, and nationally recognised qualifications while working and earning a salary.

Our learners can support organisations in areas like structured play, extra-curricular activities, sports fixtures, and classroom roles.

**98**

learners across our four  
apprenticeship programmes





## Our Apprenticeships

### ■ Level 2

- Community Activator Coach
- Playworker **IN DEVELOPMENT**

### ■ Level 3

- Teaching Assistant (PE Focus)
- Community Sport and Health Officer

### ■ Level 4

- Sports Coach (School)



Apprentices on a practical session on day

## TESTIMONIALS ABOUT OUR APPRENTICESHIPS

"You were one of the people who always had faith in me from the beginning and I wouldn't be where I am today without your help and teachings. Which is how I've ended up working for the core team for DRET Sport."

"Toby has been extremely adaptable and flexible to the needs of the job. He takes on board suggestions and ideas. He is willing to learn."

*-Michelle*

"Lily has been a credit to the team since she has arrived"

*-Thomas*

His attitude to his work in school is very positive and he's enthusiastic for learning. *- Natalie*

"Jay works hard, does all that is asked of him and more, and has really settled well into school life."

*- Amelia*

"Just wanted to reinforce how good the inspire+ programme is and how much it's done for me. Honestly the biggest step I've taken with my dream of becoming a PE teacher."

*-Brodie*

"Charlie has worked hard to build positive relationships with the children and all of the staff. On many occasions other members of staff have approached me sharing positive feedback about him."

*-Louise*



# AWARDS

From our Apprentice of the Month Awards to community and college recognition, our apprentices and the charity received several awards during the 2023/24 academic year:

## Apprentice of the Month

Created to show employers' appreciation to their apprentices, this award receives many nominations yearly and encourages apprentices to continue doing their best.



## Other Awards



**Alabama Thompson**  
Higher Level Award for Excellence  
Inspire Education Group's  
Oscar Style Student Awards



**Josh Melloy**  
Trailblazer Award  
Young Person Learning Provision  
(YPLP)



**inspire+**  
Highly Commended  
Lincolnshire Apprenticeship  
Champion Awards



**Lily Smith**  
Partner Student of the Year  
inspire Educational Group Student  
Awards





## **GALA DINNER**

Celebrating 12 Years of Success and Building a Brighter Future

We hosted our first gala dinner in 2023 at the stunning Harlaxton Manor. This event marked a significant milestone, celebrating 12 years of remarkable success while setting the stage for an even more promising future.

The gala honoured Inspire+’s partnerships while actively involving new potential supporters. It showcased the charity’s past achievements, current initiatives, and ambitious plans for the future, all aimed at positively impacting the lives of children and young people.

Throughout the evening, representatives from local

businesses had the opportunity to deepen their understanding of the charity’s work and explore various ways to offer their support, including participating in an exciting auction.

The event had the presence of inspire+ ambassadors, including Sam Ruddock, Para-Cycling World Champion; Jonathan Broom-Edwards, Paralympian High Jump Gold Medallist; and Dai Greene, former 400 metre hurdle World Champion. The evening concluded with a ‘money can’t buy’ auction with Colin Young an auctioneer who features on BBC’s Bargain Hunt.

# Gala Dinner Outcomes

Over £11,000 was raised on the night to support our mission but more importantly new partners were established who pledged to support the charity continue the work in schools and communities.

Pictures from the Gala Dinner



inspire+

Healthy, Happy, Active Young People

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