



IMPACT REPORT (2018-19)

Performance Plus Sport UK (PPS) is a registered charity that aims to get the best out of young people through sport

We support young sportspeople with the right attitude, creating opportunities for those who wouldn't have had the chance otherwise

We believe in the power of sport and the positive impact it can have



Below shows a summary of the programmes that have been run and the impact they have made from September 2018 until August 2019:

Refer to the PPS 'monitoring and measuring model':

This brings together the idea of what PPS is, shows how it is brought together into action through the structure of programmes and support to monitor and measure the impact to various levels, and how this impact feeds back to our original goals and outcomes.

SUMMARY OF PROGRAMMES AND SUPPORT

Delivery programmes to groups	10
Individual support programmes	21
Number of mentorship programmes/meetings/workshops	25
Number of opportunities created through the delivery programmes:	4,418
Number of partnering organisations/individuals involved	17
Number of coaches and mentors involved	21

**Average Impact & Engagement score across all delivery programmes and individual support programmes:
3.93/5.00**

HIGHLIGHTS

WWSF-PPS Community Progression Programme

We partnered with Westway Sport and Fitness Centre (Shepherds Bush, West London) to deliver a 'Community Progression Programme'. The area has a lot of wealth but also has pockets of disadvantage, with a lot of young people desperate to get involved in sport and thrive...

Westway already do effective outreach work to local schools and they introduce a lot of kids to tennis. The gap is bringing these kids into the tennis centre – access is denied due to the cost of playing tennis.

PPS works with Westway to deliver a programme where identified individuals through their outreach work get the opportunity to play regular tennis in an established tennis centre. This is an opportunity they wouldn't have had otherwise because the parents simply can't afford the fees. It gives the chance for these young people to get the best out of themselves through tennis.

This programme was for 5 players over the 31 week year, creating 155 opportunities over the programme

- All players on the programme now have the confidence and competence to compete in internal tournaments at Westway Tennis Centre
- One of the participants is competing in outside tournaments and team tennis
- Two of the players were put forward for summer tennis camps

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- The same two players were recommended by the coach for further individual support in September-2019

This programme is an example of what PPS does – working with partners to find gaps and deliver programmes to groups of young sportspeople, and offering further individual support for the most deserving.

Career Path Support Programme

St Matthews Project is a football programme, named after an infamous estate in Brixton. PPS reached out to the founder on the back of an article in a newspaper reporting the murder of one of its footballers. He was a young boy who was a part of the football programme and got caught up in the wrong crowd.

It was agreed that PPS could offer individual support programmes to young adults coming through the St Matthews Project and want to move forward with their career but lack the funds and guidance.

PPS offered a 'Career Path Support Programme' to a young 16 year old boy in January 2019, who had failed GCSE's the previous summer and had dropped out of college. Some reasons for this were within his control and some reasons were out of his control, but either way he was in difficult position wanting to get his career back on track but with limited opportunity...

The individual support programme was able to offer him a formal mentorship programme where he would meet with a PPS mentor to talk, set goals, discuss barriers and issues and find a way to work his way through.

As well as the mentorship he received funding to pay for his coaching experience on the job, which improved his self-worth by coaching and earning and helping young kids. The funding also paid for private tuition and exam entry – both of which his family wouldn't have been able to afford with him out of mainstream education.

With a pass in his English GCSE he has been accepted into a college for September 2019 to continue his career as a trainee plumber, whilst he continues to play academy football and coach with St Matthews Project.

Mentorship highlight

PPS has a culture of mentorship and a chain of support exists where PPS personnel support and mentor each other from the trustees to the sportspeople we support. Mentors can come in various shapes and backgrounds. Our trustees are highly successful and add undoubted value. On the other side of the spectrum it is clear that people who have had extreme struggle can add as much value with their experience and lessons learnt.

PPS partnered with Centrepont (a young homeless charity) to offer paid mentorship workshops to young people who have experienced homelessness and hardship, but are on the right path and want to use sport to better their life.



The mentorship was so well received and beneficial for the mentor that we offered him an individual support programme where he will receive mentorship himself (because we all need a mentor), and funding for coaching qualifications and paid coaching work. This example highlights the benefit of mentorship for the mentees as well as the mentors – PPS are killing two birds with one stone.

See below for a summary of all delivery programmes and individual support programmes:



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COMMUNITY ENGAGEMENT DELIVERY PROGRAMMES

NAME OF PROGRAMME RPHS-PPS Tennis Programme (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Raynes Pak High School Linked partner: BECSLink Coach: Josh Miller
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED PPS have introduced a programme with free tennis coaching sessions open to all students - First 7 weeks of the year we ran 5 hours of coaching a week - Remaining weeks of the school year (32 weeks) we ran 1 x 1.5 hour coaching	
MONITORING THE ACTIVITY The programme attracts on average 8 students per session over a total of 60 sessions in the year We have created 480 opportunities to play tennis	MEASURING THE IMPACT 50 different students have been introduced to tennis who wouldn't have played before 15 of these attend the PPS programme regularly - 30% 2 students have been awarded free membership of David Lloyd Raynes Park PPS are offered further support to 3 individuals, by placing them in summer camps at local clubs
IMPACT & ENGAGEMENT SCORE: 4/5	



NAME OF PROGRAMME WWSF-PPS Community Progression Programme (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Westway Sports Centre, Shepherds Bush Coach: Kiko Morera, Mentor: Barney Smith
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED A programme which bridges the gap between existing school outreach work and access to a tennis centre for regular tennis PPS funds 1 free session for a targeted group of players who have been introduced to tennis, but wouldn't have regular access was it not for this programme	
MONITORING THE ACTIVITY 31 weeks of 1 hr free coaching session / week with 5 players/session = 155 opportunities to play tennis	MEASURING THE IMPACT All players on the programme now have the confidence and competence to compete in internal tournaments at Westway Tennis Centre The programme is giving 5 young people a chance to play the sport they have grown to love One of those is competing in outside tournaments and team tennis Two players has been put forward for an Individual Support Programme in September 2019 - for their enthusiasm and commitment to the programme Two players received further support in the summer through extra coaching
IMPACT & ENGAGEMENT SCORE: 5/5	



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NAME OF PROGRAMME ATC-PPS Community Progression Programme (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Avenue Tennis Club, Somerset Coaches: Vincent Duddy, Wendy Pryce, Mentor: John Feaver
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED PPS delivers two free tennis sessions a week for children who don't have access to regular tennis in a rural seaside town in Somerset	
MONITORING THE ACTIVITY 3 x 6 week courses with 2 x 1 hr free coaching sessions 1st course - 8 players x 2 sessions x 6 weeks = 96 2nd course - 8 players x 2 sessions x 6 weeks = 96 3rd course - 7 players x 2 sessions x 6 weeks = 84 A total of 276 opportunities were created for 7-10 year olds	MEASURING THE IMPACT By attending these sessions, the children grew in confidence The impact on the club was that more children were being introduced to tennis and feeling comfortable in a club environment ATC coach: "After the course finished they all continued to sign up to our subsidised coaching"
IMPACT & ENGAGEMENT SCORE: 4/5	

NAME OF PROGRAMME SK-PPS Empowerment Programme (football and netball)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Simply Kids (Addiscombe community centre, Croydon) Coaches: Ben Lettis, Drew Gold, Mentors: Stephanie Wright, Kulpreet Bagri
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Delivering 1 football and 1 netball session with empowering coaching to young children in the community of Addiscombe, Croydon, where there is a lack of local activity and positive environments We also introduced a specialist mentor for the last term to add personal value alongside the coach	
MONITORING THE ACTIVITY 2 sessions / week over 40 weeks (79 sessions in total) averaging 15 kids / session = 1,185 opportunities to play sport	MEASURING THE IMPACT The programme recorded an 87% enjoyment rate from the participants 90% of the barriers to attending sport in the area are because of time, money and access - this programme is breaking these barriers by making sport accessible in the area and for free The feedback for the specialist mentor was 44% high impact, 44% average impact and only 12% low impact
IMPACT & ENGAGEMENT SCORE: 4/5	

NAME OF PROGRAMME J&CC-PPS Mentor Intervention Programme (multi-sport)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED School: Broadmead Primary School, Croydon, Linked organisation: J&C Coaching Coaches: Dan Williams, Ciro Donadio
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED PPS supports the delivery of mentorship intervention sessions to engage 'difficult to reach' children, where sport is used to develop the individuals	
MONITORING THE ACTIVITY 33 weeks of 2 hours intervention session for 40 children/week (on average) = 1320 opportunities	MEASURING THE IMPACT Across a range of measures to all the children delivered to, the scores from the coaches show a vast improvement from the start of the programme to the end of the programme: At the start there was a 'good' score for 76% and only 2% of children were 'over-exceeding' At the end, 65% were 'over-exceeding' themselves and 31% were scoring 'good' - only 4% were satisfactory
IMPACT & ENGAGEMENT SCORE: 4/5	

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NAME OF PROGRAMME UKBU-PPS Boxing Factory Team (boxing)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Linked organisation: UK Boxing Union, Coach: Walid Ali
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED PPS is supporting this inspirational community boxing session by making it more accessible for young boxers by subsidising training costs	
MONITORING THE ACTIVITY Subsidising training costs of 5 young adult boxers across 52 sessions (2 x 26 weeks) = 260 opportunities to train	MEASURING THE IMPACT The programme takes young adults off the streets and the temptations that come along, and brings them into this motivating and inspiring environment It welcomes all comers, but its standards bring the best out of the participants If participants don't bring the level that it demands then they will not come back - if they stay then they will survive in life One 20 year old boxer has been put forward for an Individual Support Programme in September 2019
IMPACT & ENGAGEMENT SCORE: 3/5	



NAME OF PROGRAMME KSA-PPS cycling support (cycling)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Knysna Sports Academy, Coach: Paulus Sigonyela
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED PPS supporting the work Knysna Sports Academy do for the young cyclists of Knysna (11-15 year olds), by funding entry fees for races We also fund the coach for his work with these young cyclists	
MONITORING THE ACTIVITY 265 races in total during the course of the programme	MEASURING THE IMPACT The race fees are a major expense, but are essential to give the young riders the opportunity to put their training into competition and aspire for success... As a coach, Paulus' is so valuable to the riders - he works 6 days a week, lives in a local township, looks after his own family and acts as a mentor to all the young kids who regularly come to his house for advice on riding and life. Last Christmas he could not enjoy a celebration due to his financial situation and this year the fee he will receive from PPS will take some weight off so he can enjoy a break with his family after all the work he does for these young racing riders
IMPACT & ENGAGEMENT SCORE: 4/5	



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COMMUNITY PROGRESSION SUPPORT PROGRAMMES

NAME OF INDIVIDUAL Valeria Cespedes-Beltran (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Wigmore Tennis Club (Streatham, London) Mentors: Elliott Mould, Susanna Banjo
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards coaching fees, tournament travel Access to mentorship	MEASURING THE IMPACT The support from PPS has allowed Valeria to be exposed to and maintain a high-level of training throughout the year With the extra high-level of training alongside her normal programme in a club, she is able to compete alongside her peers In the last year, she won her first Regional level U16 event and also won the Ladies singles at her club - Wigmore Tennis Club
IMPACT & ENGAGEMENT SCORE: 4/5	

NAME OF INDIVIDUAL Monique Gundrum (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Westway Sports Centre, Shephards Bush Mentors: Elliott Mould, Susanna Banjo, Barney Smith
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT The support has "allowed Monique to compete in more tournaments and win more matches" This is not as simply as it sounds, as by enabling this Monique has been able to achieve her tennis goals and stay on track to a scholarship to US university The mentoring has driven her to be more determined and work harder no matter what
IMPACT & ENGAGEMENT SCORE: 4/5	

NAME OF INDIVIDUAL Lily-Ann Southwell (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Edgbaston Priory, Birmingham, Mentor: Elliott Mould
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT The impact that the support has had on Lily has enabled her to move from regional player to national player To compete at this level means travelling nationwide (Sunderland, Sutton, Glasgow and Bath), which wouldn't be possible without the tournament and travel expenses covered This funding allows Lily to maintain her training programme of group sessions and individuals, which in turn enables her to be at the level she needs to be at Lastly, the ability to compete from tournament to tournament, means she has grown as a person with the confidence to play at this level, and the understanding of what is required For a single mother trying to support two young tennis players at this level is expensive, and Louise "couldn't do it without the support from PPS"
IMPACT & ENGAGEMENT SCORE: 5/5	

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NAME OF INDIVIDUAL Joe Southwell (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Edgbaston Priory, Birmingham, Mentor: Elliott Mould
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT Our support for Joe has enabled him to start competing again, and receive a number of individual coaching sessions He was re-selected for County training in the summer term Essentially, the support has played a part in keeping Joe in the game "Your support has been vital and well used and I am deeply grateful to you for keeping his talent alive"
IMPACT & ENGAGEMENT SCORE: 4/5	

NAME OF INDIVIDUAL Matthew Fisher-Borrow (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Wigmore Tennis Club (Streatham, London) Mentors: Elliott Mould, Susanna Banjo
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT The support from PPS has allowed Matthew to do what he loves and compete more Matthew has been able to compete at county level (winning one 14U event) and reach regional level events
IMPACT & ENGAGEMENT SCORE: 3/5	



NAME OF INDIVIDUAL Adeoluwa Anifowose (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Westway Sports Centre, Shephards Bush Mentors: Elliott Mould
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT There has been an increase in the amount of competitions that Ade has been able to take part in Travelling and visiting other places hasn't been possible before, but with the support he has been able to "travel further, be exposed to more and be immersed in the tennis environment. His performance has improved, which is shown by reaching the later stages of tournaments this summer"
IMPACT & ENGAGEMENT SCORE: 3/5	



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NAME OF INDIVIDUAL Ivo Waller (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Westway Sports Centre, Shephards Bush, Mentors: Elliott Mould
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT Through the funding of tournaments Ivo's LTA rating has increased 3 levels His skills and ability has increased "tremendously" The mentorship workshop has promoted "positive thinking and direction"
IMPACT & ENGAGEMENT SCORE: 3/5	

NAME OF INDIVIDUAL Luca Lopez-Mora Jeronimo (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Westway Sports Centre, Shephards Bush Mentors: Elliott Mould, Barney Smith
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT By being able to compete more, Luca has "developed as a tennis player, as well as a person. By being exposed to more tournaments he has become mentally stronger, and can compete longer in matches" His confidence in his own ability has increased - shown by his LTA rating increasing 3 levels since April-19
IMPACT & ENGAGEMENT SCORE: 4/5	

NAME OF INDIVIDUAL Codey Morgan (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Edgbaston Priory, Birmingham, Mentor: Elliott Mould
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT The support at this time has had a big impact on Codey and her mother - Codey's father passed away at the turn of the year at which point PPS stepped in to support The support has enabled Codey to continue to compete without added pressure, meaning she has stayed in the sport which gives her so much Codey said: "I am so grateful for the things you have done. I don't have to worry about asking my mom to enter so many tournaments without my brother being left out" Her LTA rating has increased one level
IMPACT & ENGAGEMENT SCORE: 4/5	

NAME OF INDIVIDUAL Krista McCartney (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Leek Tennis Club, Stoke-on-Trent, Mentor: Elliott Mould
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry, travel expenses and coaching fees Access to mentorship	MEASURING THE IMPACT The support has enabled Krista to travel to tournaments that would not have been possible otherwise - this has enabled her to see what competitive tennis is like and push herself to improve her game The tournament and competitive exposure, coupled with the support of coaching fees has enabled Krista's game to take on another level Her LTA rating has increased 3 levels
IMPACT & ENGAGEMENT SCORE: 4/5	

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NAME OF INDIVIDUAL Toby Gayes (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Leek Tennis Club, Stoke-on-Trent, Mentor: Elliott Mould
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry, travel expenses and coaching fees Access to mentorship	MEASURING THE IMPACT The support has enabled Toby to travel to tournaments that would not have been possible otherwise - this has enabled him to see what competitive tennis is like and push himself to improve his game The tournament and competitive exposure, coupled with the support of coaching fees has enabled Toby's game to take on another level His LTA rating has increased 2 levels
IMPACT & ENGAGEMENT SCORE: 4/5	

NAME OF INDIVIDUAL Elijah Kyeyune (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Westway Sports Centre, Shephards Bush, Mentor: Barney Smith
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT The tournament support has enabled Elijah to compete further afield, and play tournaments he wouldn't have been able to otherwise - thus achieving an LTA rating of Orange 1* The support has given him confidence and self-belief in himself
IMPACT & ENGAGEMENT SCORE: 4/5	





IMPACT REPORT (2018-19)

SPORT ADVANCEMENT DELIVERY PROGRAMMES

NAME OF PROGRAMME RDF-PPS Advancement Programme (basketball)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Right Development Foundation (Barking, East London) Mentor: Elliott Mould
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED PPS subsidises membership fees for the most promising and in-need young basketballers, to access more training and keep them on a pathway to high-level basketball RDF is a safe environment, where young basketballers can thrive in East London	
MONITORING THE ACTIVITY 13 subsidised memberships over the course of the programme = 233 opportunities to train	MEASURING THE IMPACT The subsidised memberships give young basketballers an opportunity to continue training By remaining in this inspiring and safe environment the players can learn key life skills, and stay away from negative temptations The membership fees put pressure on parents and this support eases the pressure for them to give their children opportunities Further Individual Support has been offered to one of the basketballers for September 2019, where we will continue to support his quest to a university scholarship to the USA
IMPACT & ENGAGEMENT SCORE: 4/5	

ATHLETE SUPPORT PROGRAMMES

NAME OF INDIVIDUAL Susanna Banjo (athletics)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Mentor: John Feaver
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support for training expenses, competition travel Access to mentorship	MEASURING THE IMPACT The training camps in South Africa had a big impact on Susanna's performance and quest to achieve her goal of qualifying for the World Championships in September 2019 and Olympics 2020 Susanna was selected for England at the Loughborough International - winning the 4x400m relay She has improved her 400m Personal Best time from 54.11 to 53.49 Achieving a Podium finish 6 times in 2019 The individual mentoring sessions "helped me to gain a lot of confidence and believe in myself that I will be able to achieve my goals" "I am very grateful for the support of Performance Plus Sport and I wouldn't have achieved everything I have so far this year without their help"
IMPACT & ENGAGEMENT SCORE: 5/5	





IMPACT REPORT (2018-19)

NAME OF INDIVIDUAL Raffaello Papajcik (tennis)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Mentor: John Feaver, James Feaver
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards tournament entry and travel expenses Access to mentorship	MEASURING THE IMPACT Raffaello has used the funding towards travel to national and international events - the funding towards these has made the trips possible and ease the pressure on Raf's parents The experience has helped to improve his national ranking to 15 in the country for 16U and he has achieved his first international junior ITF ranking
IMPACT & ENGAGEMENT SCORE: 3/5	

NAME OF INDIVIDUAL Damon (cycling)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Knysna Sports Academy Coach: Paulus Sigonyela
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Grant towards a high-quality racing bike	MEASURING THE IMPACT The grant for an upgraded bike has simply enabled Damon to perform so much better He was incredibly appreciative when he received the upgraded bike With a change in the structure of racing in South Africa, development riders in programmes like Knysna Sports Academy can qualify for the Nationals by right, and the enhancement in Domon's bike will enable him to compete on a level playing field with the riders in private schools
IMPACT & ENGAGEMENT SCORE: 4/5	

NAME OF INDIVIDUAL Khalid Ali (boxing)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Mentor: Karl Altenburg, Moses Swaibu
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support for additional S&C physical training Access to mentorship	MEASURING THE IMPACT Khalid's goal is to turn professional by 2020 As a complete amateur when he started, the programme we provided gave funding for extra S&C physical training - which he couldn't afford or hadn't been exposed to This support has had the following impact: He can hit a lot harder because of the strength training (he was squatting 5 x 90kg), he is fitter because of the wide range of conditioning he has done with the trainer so that has allowed him a higher output when sparring and fighting, he is stronger on the inside and is no longer getting pushed off "PPS has really aided me to go reach a new levels in boxing due to the support with strength and conditioning" Khalid has his first semi-professional fight on 7th September 2019
IMPACT & ENGAGEMENT SCORE: 4/5	



IMPACT REPORT (2018-19)

NAME OF INDIVIDUAL Adan Mohamed (boxing)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Mentor: Karl Altenburg, Moses Swaibu
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support for additional S&C physical training Access to mentorship	MEASURING THE IMPACT The funding for S&C physical training and guidance Adan he received from PPS has enabled him to get more power in his punches and make him more stable Through the term of his programme he has "improved his performance and got more wins" - he has been selected for England to fight in the European games in September, and has trials lined up for GB selection For such a natural high-level boxer, Adan and his family have never been able to afford quality physical training. The trainer said the work was incredibly important as he had a lot of compensation patterns going on which were an injury risk and these needed a lot of work to keep him in the ring long term
IMPACT & ENGAGEMENT SCORE: 4/5	

CAREER PATH DELIVERY PROGRAMMES

NAME OF PROGRAMME Peacock Gym Boxing Academy Mentorship Training and Support	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Linked organisation: Peacock Gym Academy Mentor: James Feaver
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED PGA, an alternative education provider, where PPS supports the Mentor Programme by funding the in-house day-to-day mentor activity for 4 mentors, who work with the Peacock Academy students, as well as training the mentors monthly	
MONITORING THE ACTIVITY 235 hours of mentor work was provided for 4 mentors in the Peacock Gym Academy programme	MEASURING THE IMPACT For young people who are starved of opportunity and on a tight budget, PPS has funded their time as mentors to give back to young people, so they can "earn whilst doing good" The result has meant the mentors have an increased self-worth
IMPACT & ENGAGEMENT SCORE: 2/5	

NAME OF PROGRAMME IP-PPS NLP Workshop	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Linked organisation: Inside Performance Deliverer/coach: Louise Deeley
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED A educational NLP (neuro-linguistic programming) workshop, delivered by Louise Deeley to a network of PPS coaches and mentors	
MONITORING THE ACTIVITY The workshop was delivered to 9 PPS coaches and mentors	MEASURING THE IMPACT The workshop had a 87% positive impact on the coaches and mentors education
IMPACT & ENGAGEMENT SCORE: 4/5	

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CAREER PATH SUPPORT PROGRAMMES

NAME OF INDIVIDUAL Jack Taylor (J&CC coach)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: J&C Coaching Mentor: James Feaver
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards courses/qualifications Formal mentorship programme	MEASURING THE IMPACT PPS has guided young coach Jack through the formal mentorship programme and helped him to build on his coach education We sourced and funded a level 3 in mental health which he carried out through online learning We put him through the IP-PPS NLP workshop to up-skill his coaching practice IMPACT & ENGAGEMENT SCORE: 4/5

NAME OF INDIVIDUAL Tom Shingles (J&CC coach)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: J&C Coaching Mentor: James Feaver
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards courses/qualifications Formal mentorship programme	MEASURING THE IMPACT PPS has guided young coach Jack through the formal mentorship programme and helped him to build on his coach education We sourced and funded a level 3 in mental health which he carried out through online learning We put him through the IP-PPS NLP workshop to up-skill his coaching practice IMPACT & ENGAGEMENT SCORE: 4/5



IMPACT REPORT (2018-19)

NAME OF INDIVIDUAL Legion Shokoya (football)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: St Matthews Project Mentor: Platinum sports and mentoring CIC
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED Financial support towards courses/qualification and payment for coaching experience Formal mentorship programme	MEASURING THE IMPACT PPS started supporting Legion when he had dropped out of college, and gave him "hope" We funded his coaching experience giving him confidence We got him back into education, funding his tuition and exam entry to re-take his GCSE English Without this, and the essential and challenging mentoring he wouldn't have gained entry into college for September 2019 to continue his career training to become a plumber
IMPACT & ENGAGEMENT SCORE: 5/5	

NAME OF INDIVIDUAL Lee Duncan (football)	PARTNERING ORGANISATIONS/INDIVIDUALS, COACHES AND MENTORS INVOLVED Organisation: Centrepont (young homeless charity)
WHAT PROGRAMME AND SUPPORT IS BEING PROVIDED £300 funding for mentor workshops and payment for coaching experience Access to mentorship	MEASURING THE IMPACT PPS has provided a platform for ex-homeless come football coach Lee to mentor young kids (within PPS programmes) This is impactful for Lee himself to be able to tell his story and beneficial for the young kids for mentors because they can learn from his own experience - simply for Lee to stand up in front of young kids and tell his story is a massive achievement PPS has also sourced and funded coaching to support Lee back into paid work
IMPACT & ENGAGEMENT SCORE: 5/5	

MENTORSHIP

Over the year, PPS has made mentorship a part of its culture. We offer a form of mentorship for every programme we run and individual we support.

There have been 25 mentorship programmes, workshops or meetings run over the year. Whether it be a formal mentorship programme run over a period of time, an individual mentor meeting in a coffee shop or a workshop delivered to a group of young sportspeople, every interaction is meaningful and aids the impact of our programmes and support.

