



Impact Report

2021 - 2022



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1. Introduction

The Bath City FC Foundation are proud to present our Impact Report for 2021-2022 and share the successes of our programmes that have taken place across Bath and North East Somerset (BaNES) this year.

We hope this report will provide some inspiration and insight into what can be achieved with the power of sport, community and football.

Our programmes are always led by and tailored to meet the needs of the community we support in BaNES. We continue to be inspired by their achievements and believe that everyone can reach their goals and be the best that they can be.

As a small charity we must keep learning and finding innovative ways to provide help and support. We know that we cannot do this alone and would like to take this opportunity to recognise the valued partners that bring specific expertise to help and support our team.

We would also like to extend a special thank you to Quartet Community Foundation for their support in providing the funding that has allowed us to put this report together.

James Carlin BEM
CEO
Bath City FC Foundation
December 2022



2. About us

WHO WE ARE

We are an independent registered charity governed by a board of trustees. We are now based at Twerton Park where we are a central part of the Bath City FC family working closely with the Club's staff, volunteers, supporters and Directors to provide our community with a range of pathways they can take to engage with our work.

We have a highly skilled team, who offer a range of quality programmes tailored to people of all backgrounds in our target communities of Twerton, Whiteway and Southdown as well as the wider BaNES area. The power of Bath City FC as a community club and football in general enables us to engage with a wide cross section of people and make a positive impact on thousands of people's physical and mental well-being each year.

Our reach now extends beyond football to members of our community that may not be interested in sport. This is exemplified through our Reconnecting Twerton project which seeks to bring older people together, reduce feelings of isolation and loneliness, enjoy new experiences and learn new skills.

OUR MISSION

Our mission is to effect positive change and enhance the lives of people in BaNES through football.

OUR VALUES

We strive to work collaboratively and in partnership with local organisations to effect change and support individuals to reach their potential. Our objective is to deliver a high quality service with passion and enthusiasm, whilst remaining locally led and grounded in the community.

All of this work is underpinned by our three core values: **Ambition**, **Integrity** and **Respect**. These principles run through everything that we do, helping us to achieve our vision for a healthy, happy, resilient community in the BaNES area.

"I am very pleased to see the progress the Foundation has made. Community ownership committed the club to be central to the life of the city and this neighbourhood in particular. We look forward to the Foundation being at the heart of local activities, supporting those who need help, providing training sessions, promoting general wellbeing, and bringing people together in many diverse ways."

Ken Loach
Foundation President

3. Team

PAUL

"The work we do with the Foundation is incredibly enjoyable and deeply rewarding. Inspiring young people and adults to enjoy sport who might not necessarily lean towards that subject is something that I really pride myself in.

It's wonderful to meet the men and women who make up the Walking Football sessions, of which there are some real characters! There is so much laughter throughout the session, and especially with what has happened these last 3 years with the Covid-19 pandemic, it's exactly what we all need!"

EMILY

"I have worked with the Foundation for just under three years now and I am ecstatic to become the Women and Girls Officer. **Growing up as a young girl interested in football, my options were incredibly limited.** I played with boys either at school, in the park, or on local teams where I would very often be the only girl.

There are so many young girls missing out on something they enjoy purely because there isn't the option for them to play. This is where my enthusiasm stems from, to inspire as many girls to get involved in football as we can."

GEOFF

"It has been incredible to witness the growth and development of our staff and the impact our work has on the community of Bath. When I first started 4 years ago, we delivered one session on a Saturday morning and a handful of afterschool clubs. We are now in a position where **we deliver to 2,357 BaNES residents a year** ranging from 4 years old up to 98 years old.

It is testament to the expertise, skill, and determination of our staff & trustees that we can offer an outstanding programme of opportunities, not only through football and sport but also a wide range of activities as our Reconnecting Twerton project demonstrates."

SAM

"I started coaching when I was 16 years old. I was involved with community programmes as a kid as I found myself going down the wrong path and not attending school. I was lucky to have different organisations to support me and give me opportunities to coach.

I know the impact and difference it can make. It changed my life. And this is one of the biggest reasons that I am now involved with the Foundation."

4. Our Community

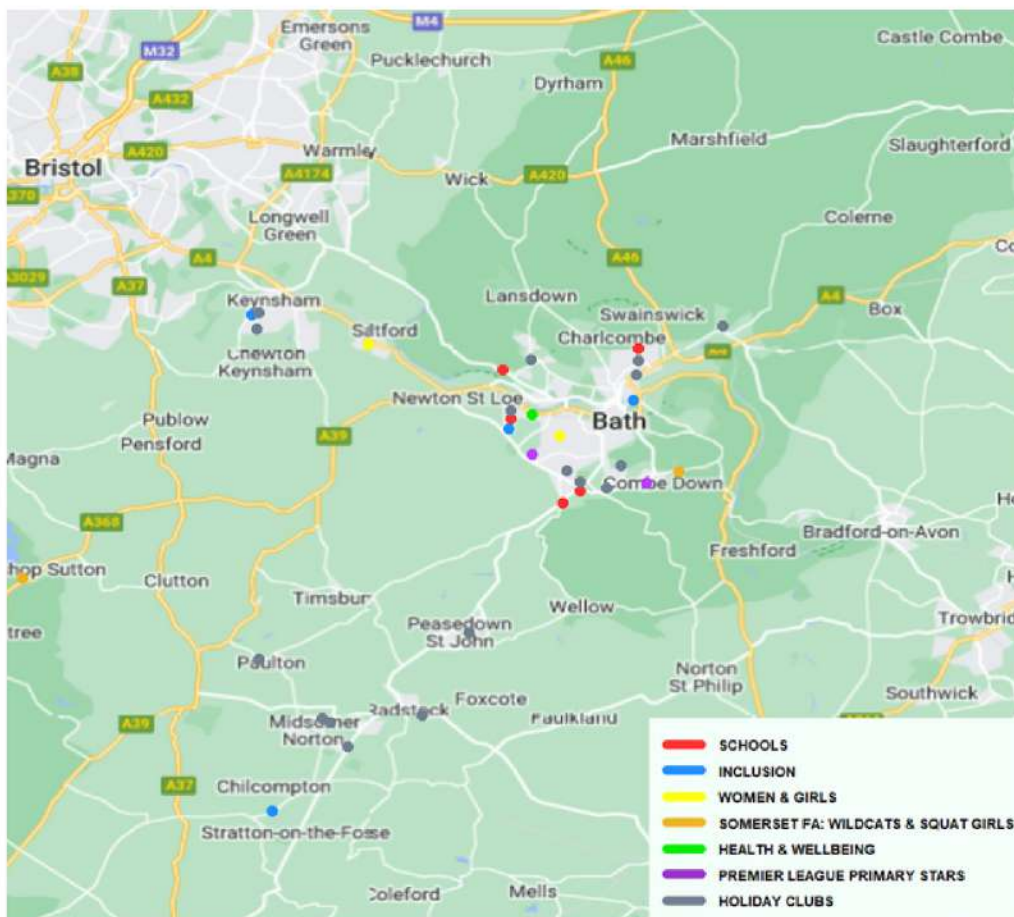
Two areas of BaNES where we specifically target our support (Twerton and Whiteway) are within the most deprived 10% nationally.

In Twerton men are likely to die 9 years earlier than men in the wealthier parts of Bath. In 2020/21 16.3% of children and young people lived in poverty in BaNES i.e 2,296 children. 35% of children in Twerton live in poverty vs 12% in Newbridge.

Worryingly the suicide rate in BaNES is now higher than the average rate for England as a whole.

Although BaNES residents reported a high level of happiness (71%), satisfaction (75%) and worthwhileness (81%) in the 2020/21 OM Annual Population survey, these figures have shown a decline over time coupled with an increase in those reporting anxiety (27%), a greater increase than the national figure in 2020/21.

Our work is always driven by the needs of our community and this is reflected in the diverse range of projects which we have run this year. We are now working with more people than we ever have before and engaging with a much wider cross section of society.



Map of the areas we work in across BaNES

In 2019/20, 1 in 2 adults in BaNES were carrying excess weight.

According to the Health Survey for England in 2019, 27% of men and 29% of women over 16 were obese.

In 2019, 1 in 4 people in England were doing less than 30 minutes of physical activity a week.

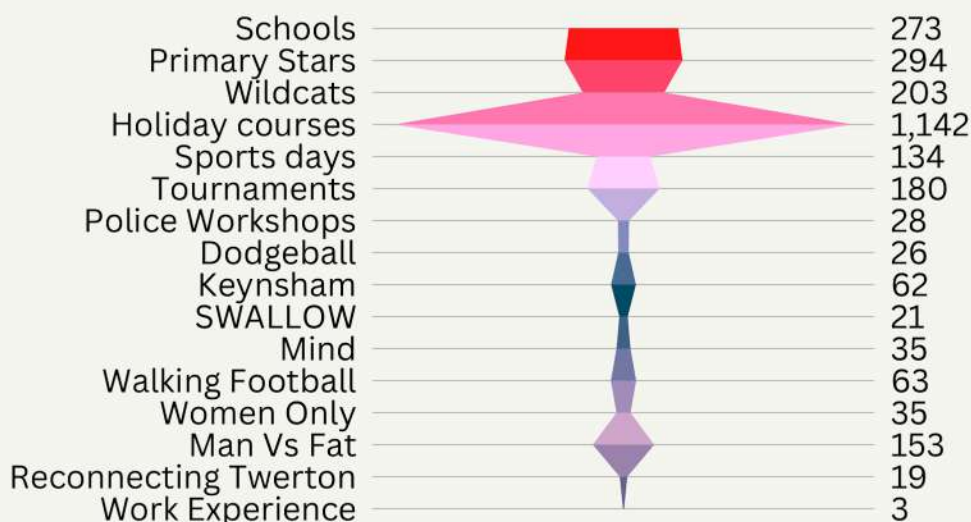
BaNES ranked 150th out of 151 areas in the UK Education Attainment Gap.

5. Programmes

Our team comprises; 5 part time members of staff, 7 casual coaches, 3 FA level 3 coaches, 4 FA level 2 coaches and 2 mental health first aid trained coaches.

In total we run 15 different programmes.

Number of people attending our programmes this year:



2,357

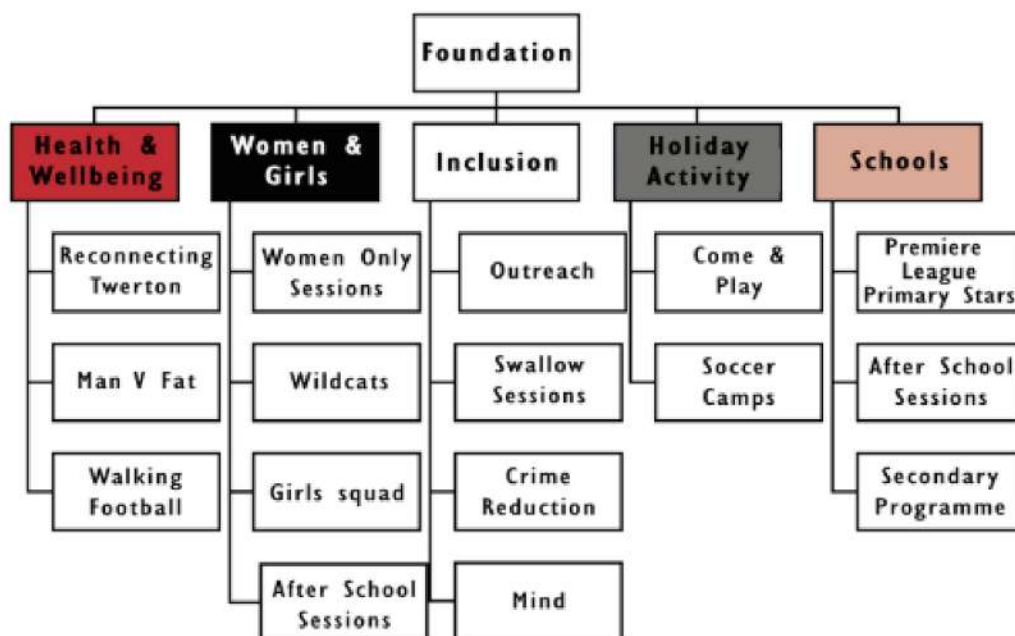
BaNES residents we have supported this year

4 to 98

Age range of people we worked with this year

5

Our work is themed around 5 core areas of focus; **Health & Wellbeing**, **Women & Girls**, **Inclusion**, **Holiday Activity** & **Schools**



1. Wildcats

Sessions for girls aged 5-11

2. Women only sessions

Fun and inclusive sessions for women of all ages

3. Extra curricular

Supporting primary and secondary aged girls via schools tournaments and after school football

769

Women & Girls we've worked with this year

WOMEN & GIRLS

Football is now the top participation sport for women and girls in England. Our support has been strengthened this year with the appointment of Emily Stephens, as our Women and Girls Officer to provide opportunities for women and girls to play and enjoy football at the grassroots level. This is an exciting time for women's football in Bath with our participation numbers growing and Bath City FC launching its women's team this season.

We would like to say a special thank you to the **Medlock Charitable Trust** in providing us with the finance to appoint Emily and to further develop this area of our work.

We offer several different opportunities for women and girls of all ages to participate and enjoy the game including Wildcats, Women only sessions and extra curricular football.



Emily & Sam with the Wildcats squad



20

Reconnecting Twerton group members benefiting from our support

150

Home visits undertaken by our team

40 min

Length of documentary film produced which tells the story of the group

2 million

people in England over 75 live alone (Age UK)

WELLBEING

Reconnecting Twerton is our social inclusion project which forms part of the community-based wellbeing work of the Bath City FC Foundation. Russell and Diana our Coordinator and Assistant provide support for people of retirement age and above who live alone in our local community.

Based at Twerton Park, Reconnecting Twerton now supports a group of 18 men and women whose ages range from 64 to 98 and who live within a 3-mile radius of the football club.

"It's helped me with me with regular visits, I've met more people, more friendships. It's helped me with some of the lonely days I've had so that's all been very good." Participant

In a recent survey of the whole Reconnecting Twerton group, 100% of those who receive home visits said they were something that they enjoyed and looked forward to.



Russell



Diana



28

Average number of sessions we run during a typical week



"I look forward to these sessions every week to reduce stress"

1

Person supported to reverse their diabetes

1 in 4

people in England will experience a mental health problem of some kind each year in England

We work with **Man v Fat** to run their league on a Monday evening. So far we have engaged with over 153 men to help them to be more physically active and lose weight. Being more physically active has helped some of our participants to reverse existing medical conditions

We run a number of **walking football** sessions to support members of our community who are not able to take part in regular football games. It is aimed at people over 50. We have 38 registered participants with 29 regular participants attending 10 or more sessions.

We have been working together with **Bath Mind** for three years delivering fun, relaxed and supportive mixed football to a group of over 30 people. Our participants are mixed age ranges (from 17-68) and face lived experience of mental ill health and disability.

We have been supporting **Swallow** charity for over 5 years now, helping to deliver a football session for beneficiaries of Swallow, many of whom also play fixtures throughout the year in the Somerset FA Pan Disability League. The sessions consist of various warm up and skills practise for the group and plenty of game related activities and matches.



Aaron with the participants from Bath Mind

INCLUSION



We run a crime prevention through sport session every week in Keynsham funded by the **Avon & Somerset Police Crime Prevention Fund**. We have partnered with the Young Bristol mobile bus team in order to engage with those who would prefer not to get involved with the sports activity or would like some chillout or discussion time. There are lots of different workshops on the bus that include discussions on carrying knives, practical cooking, Mental Health and healthy living conversation.



For example, we delivered a session on knife crime in Keynsham, where we talked about problems that carrying a knife could cause. After the discussion one of the boys in the group talked about how he thinks it's cool to carry a knife and how he needs to use it protect himself from others with knives. A couple of weeks later after he had gained the confidence to open up, he talked about how he carries a knife and doesn't want to carry a knife any more. In the session he pulled a member of staff to one side and gave them the knife and said he will not carry a knife again.



This year we worked with 28 young people in years 9 and 10 from Oldfield and St Mark's Secondary Schools. The sessions aimed to reduce inactivity and instances of anti-social behaviour within this age group. The course content included choices & consequences, healthy living and lifestyles, county lines, knife crime, alcohol & drugs awareness as well as football sessions. The young people were given opportunities to discuss these issues with guest speakers with lived experiences.



SCHOOLS

Premier League Primary Stars (PLPS) uses the appeal of the Premier League and professional Football Clubs to inspire children to learn, be active and develop important life skills. The programme has been developed and is managed by the Premier League Charitable Fund which aims to create positive and lasting sporting, health and education outcomes for children, young people and the wider community.



In November 2021 the Bath schools Year 5/6 tournament was held at Odd Down Sports Ground through BaNES School Sport Partnership. The winners, Chandag Juniors and Saltford Primary represented BCFC in the National League Trust Southwest regional finals at Odd Down in both the mixed and girls only tournament.



Supported by
**Premier League
Primary
Stars**

As well as our work with PLPS schools we also offer a range of lunchtime and **after school** sessions to 8 primary and secondary schools across BaNES. These sessions are all negotiated with the school and are tailored to meet their particular needs.



HOLIDAY ACTIVITY

Across BaNES in 2020/21, only 49% of children and young people are physically active, this is a decrease from the 2018/19 total of 57%. To tackle this issue we have delivered holiday activities across different venues in BaNES:

Batheaston - 20 days, half terms, Easter and summer, including a girls only day.

Glasshouse Academy - 3 days, Summer 2022.

In addition, we have supported Bath Rugby Foundation's **Breakout Programme** which includes sports and activity sessions, play sessions and a lunch.

In October 2021 we ran our own **Come and Play** sessions with support from St Johns Foundation and saw 101 participants at these sessions where they were provided with football, sports activities and a free lunch at venues across BaNES including Pennyquick in Twerton, Keynsham, Peasedown and Midsomer Norton.

Summer 2022 saw us partner with **Bath Area Play Project** (BAPP) to provide football activity to support their play activities. At these events we saw almost 800 participants alone for the football activity, with BAPP engaging in excess of 1500 young people with the sessions over 12 days during July and August 2022.



TESTIMONIALS

“SWALLOW supports teenagers and adults with learning disabilities , one of our activities we offer to our members is football on a Monday evening. Thanks to Geoff and the team from the Bath City FC Foundation, they have given the skills to the members and staff to make it a real football learning session, this is not something we would be able to deliver without them.” **Justin Ricards – Swallow Charity**

“The health and wellbeing of our children in B&NES is a top priority for St John’s, we have funded Bath City Foundation’s Project Manager role since 2019 because of the improvements in children’s health through involvement in sports and increased exercise. Despite being a wealthy city, Bath has high areas of deprivation, the work of Bath City Foundation is a fantastic way to reach the families and children living in poverty.” **Sam Gillet, Head of Delivery and Impact, St John’s Foundation**

"Our partnership with the Community Foundation has been a hugely creative, positive and rewarding one. The engagement between the organisations that make up the partnership meant that each of us was able to play to our strengths to deliver something greater than the sum of our parts." **Simon Allen, CEO, Age UK BaNES**

“This project brought partners together for the first time to share skills, expertise and experience in a really reciprocal way – learning from each other and ultimately supporting an incredibly successful project with a truly inspiring final film– Tickets Please”. **Sarah James, Director, Creativity Works**

“Football makes a difference to my life and it helps to give me structure and a plan for my week. I can get annoyed at times and I can take myself away and have support if I need it. The people are friendly and they know me. I feel that the group is ours, we can make changes.” **Calvin, participant in the Bath Mind sessions**



Three of our coaches; Paul Benjamin, Steve Rogers & Matt Rusling

6. Future Plans

Our plans for the year ahead include:

- Supporting more women and girls to play football by increasing the number of sessions we run.
- Working closer in partnership with Bath Recreation Trust to support a joined up approach to sports provision in BaNES.
- Working with the Public Health department at BaNES to support their focus on increasing physical activity in the area.
- Enhancing our after school programme so that all pupils are able to access football regardless of their background
- Working with Threeways School to run sessions to support children with a wide range of Special Educational Needs.
- Increasing the general awareness of our work within the BaNES area.
- Improving our marketing and communications to ensure that our support is well advertised and integrated with Bath City FC.
- Building our team to employ a Health & Wellbeing Officer to support our Inclusion and Wellbeing work.
- Improving the sustainability of the charity in the longer term by continuing to access new funding and partnership opportunities.



From Left to Right: Geoff Stevens & James Carlin

- Enhancing the support we offer our Reconnecting Twerton group to include digital skills training and connections with other 3rd sector organisations in BaNES
- Exploring partnership opportunities with Bath Spa University and the University of Bath

7. Acknowledgements

Thanks to our wonderful partners, without whom we would not be able to do our work:



There are various ways you can support us:

Donate: support our projects / staff / equipment / core costs / sponsorship

www.justgiving.com/bathcityfcfoundation

Volunteer: As a trustee / coach / admin support

"Bath City FC Foundation are a fantastic deliverer; the team are proactive and always try to connect their work across the area to include community partners and reach audiences who truly need support."

Ruth Glanvill, Project Manager, Wesport



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