SCHOOL GAMES March & June

- 3462 participants
- 156 young officials
- 40 games
- 3 inclusive activities

15,989,075 steps taken
over 7,000 miles walked
291 people signed up

“I had fun walking and now we are doing a team competition at work, which is already great fun!” - feedback from a participant

TRAINING WORKSHOPS

10 workshops in 2019
with 188 attendees
including First Aid, Sействarding, Time to Listen
Recent feedback:
“Interactive and thought provoking”
“Best course I’ve attended!”
“Well delivered, engaging presenter, very relevant”

PARTNERS’ FORUM & NETWORKING EVENTS

- 384 participants
- 9 events

Over 640 young people engaged in an event or activity in 2019
192 regular participants have taken part in 4 regular clubs - Boxing x2, Rugby and BMX. There has been 1 focused intervention

WALK A MILE IN MAY

- 10 workshops in 2019
- 188 attendees

AWARDS

- 88 applications
- 37 shortlisted nominees
- 300 guests
- 4 winners in the Lifetime Achievement Award

BERKSHIRE VOLUNTEERS

- 7 Team Berkshire Volunteers
- 5 Mums’ Zone volunteers
- 5 new #TGC ambassadors for 2019
- 10 Young Leaders
- 14 young volunteers in Britwell
- 15 School Games volunteers

More than £1,000 raised and donated to CLIC Sargent (Children’s Cancer Charity) and the Stroke Association

ACTIVATE FUND

- £32,000 of funding distributed
- 18 diverse projects across Berkshire supported helping to get individuals from under-represented groups active
**Building Better Opportunities**
14 long term unemployed adults in Slough & Bracknell
Self efficacy improved in 50% over the 6 weeks
Improvements made in dealing with problems & staying calm in difficult situations
All now working with our partner Ways into Work to look for job opportunities

**Building Family Bridges**
The project ‘Good Grub Club’
Tackled holiday hunger and offered free family physical activity sessions
The winner of the 2019 TPAS ‘Community Focused Service of the Year’ Award

**Mums’ Zone**
Wellbeing sessions in Slough and Wokingham helping 34 mothers with their physical and mental health

“It’s nice to go to a group with my baby but the focus is on me and my wellbeing” – Mums’ Zone participant

**Ever Active**
16 activities offered throughout Reading and West Berkshire for over 300 people with a disability or aged 50+

“I would never have imagined enjoying anything like it but it was great and you made it such fun” - Seated Exercise class at Southcote Library attendee

**Campaigns**
In 2019 GBA initiated local campaigns and supported national ones promoting physical activity for health and mental wellbeing

**Satellite Clubs**
671 young people taking part in 18 clubs
“I enjoy the golf sessions, I like it when we play games as I can keep my focus more” - feedback from Zach - College Hall Satellite Club

**#Moving1s**
450k Social Media users reached - 7 days - 600 tweets discussing the barriers to physical activity

**GBA initiated and designed the campaign:**

**MTC**
GBA have delivered MTC training to over 80 people from organisations across Berkshire, Buckinghamshire and Oxfordshire, to young people, public sector organisations, young offenders and charities.

2 sessions delivered to 60 people from DWP
8 sessions to 8 young people from Haybrook College
7 sessions delivered to 14 unemployed adults across Slough and Bracknell Forest as part of BBO

“It was the best bit of training we’ve ever had” - Lucy Bowman, Department for Work and Pension