

Organisation Name	Reference code	
Fulham Reach Boat Club	2023-05-YO07	
Organisation Address		
Unit A, Distillery Warf, Chancellors Road London W6 9GX United Kingdom		
Website Address		
www.fulhamreachboatclub.com		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1161813	2014
Community Interest Company	Registered Companies House Number	Date Registered
Yes	8900584	2014
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No		
Grant Summary		
To support the physical and mental health of young offenders, and provide pathways to community integration, training and employment through a structured rowing and wellbeing programme.		
Please describe the needs that this project will address		
<p>Evidence shows that being active can make a difference to a prisoner's wellbeing, attitudes, and outlook. Research commissioned by the Ministry of Justice state that "participation [in sport] can not only improve health and behaviour but can directly contribute to efforts to reduce reoffending", and that "physical and mental health needs are recognised as key areas to be addressed in attempts to reduce reoffending". Indeed, a London Sport study found that "engagement in physical activity and sport was estimated to prevent 3,164 criminal instances among London males aged 10-24 years".</p> <p>The need to increase training and qualifications in prisons to help reduce reoffending is widely recognised. However, with many prisoners having disrupted schooling and 50% of 15-17 year olds having numeracy and literacy levels of a 7-11 year old (Taylor Review 2016), many are unwilling to step back into the classroom. They lack confidence and self-belief.</p> <p>This project works in partnership with the NHS Wellness Team at HMYOI Feltham who state that "recent evidence has indicated that the number of young people coming into custody with mental health needs has grown significantly over the last few years..... The young people coming into the youth estate have typically experienced a high number of adverse childhood experiences in their families of origin (e.g. abuse, neglect, domestic violence) and/or their local communities (e.g. experiencing or witnessing serious violence). Many of them are living with active trauma symptoms resulting in constant high</p>		

levels of hypervigilance about their surroundings and the intentions of others." (Dr Varinder Panesar 2022. Psychiatrist HMYOI Wellbeing Team).

In response HMYOI Feltham have taken a adopted a 'whole-prison' approach to supporting the mental health needs of each young person. They aim to create a safe, mental health-informed environment where access to sports is part of this support network and pathway to stopping the cycle of reoffending.

Boats not Bars offers young offenders an important step in helping to change their mindset by providing structure and focus as well as increasing opportunities for offenders to be more active. It recognises the individuals' needs and potential. "Engaging in structured programmes can help to teach offenders self-discipline, teamwork and leadership - crucial skills for a successful and crime-free life in the community." (Agar, 2018)

Rowing could be considered as unconventional in a prison setting and often seen as inaccessible to many in the wider community, therefore it tackles participants self-identity and sense of place in society, at its very roots. By showing that Fulham Reach Boat Club (FRBC) is open to and supportive of everyone, we open up the idea that previously invisible opportunities may be there for the taking. Being part of a supportive community will help them achieve their potential and stay away from a life of crime. Testimony from the likes of FRBC ambassador John McAvoy (former armed robber and now professional triathlete):

"It was immersing oneself in the environment of the boat club that made the transition possible".

What are the key outcomes that you will be seeking to achieve for young offenders?

The aims of the program are to:

1. Support the engagement and relationship building between young adults and members of the wellbeing team.
2. Provide an opportunity for young adults to understand the links between physical and mental health.
3. Build a relationship between the participant and FRBC, such that the individual feels supported and not alone. Creating a rapport whilst in prison increases the likelihood of the individual accessing support on release.
4. Develop skills and fitness in rowing.
5. Develop strategies to manage stress, set goals, communicate and work as a team, and understand what skills that the young adults already have, that can be utilised in the future.
6. Give young adults an opportunity to engage in purposeful activity whilst in prison.
7. Provide training and employment opportunities.
8. Build a network of support within the community to assist rehabilitation with society

Key outcomes:

- Improvement in physical health
- Reduction in anxiety/depression
- Improvement in focus and concentration
- Improved motivation
- Improved outlook/ optimism
- Reduction in antisocial attitudes, values and beliefs directly related to criminal activity

What are the key activities you will undertake with this funding?

This project has four key delivery focuses:

- Self-identity and self-belief - participants realise that they can take on and succeed at challenges, previously thought of as inaccessible
- Soft skills - such as discipline, time management, goal setting, teamwork, and communication
- Qualifications - opportunities to gain British Rowing accredited qualifications
- Community links - by building a relationship whilst in prison, the connection is set up to support participants upon release, with free membership to FRBC, and on-going assistance into employment

The programme begins in prisons. Rowing activities will be managed, led and delivered by an experienced and qualified coach (Level 2 Rowing, and Strength and Conditioning) and Double World Champion, Imogen Walsh and supported by an additional FRBC qualified coach. Participants will be helped to set and work towards personal goals, such as attendance targets, aiming for specific training times or distances, or developing coaching skills.

We will work closely with the psychology team at HMYOI to support individuals with more severe mental health issues as part of a NHS Wellbeing Project.

Courses run for eight weeks, and young offenders would be offered:

- 1 coach session per week with the FRBC coach
- 1 training session per week to follow their personal training program with the gym staff or FRBC Coach
- if gym access allows, 1 additional session to be completed in participants own time and without coach encouragement
- weekly opportunities for discussion with the Wellbeing team
- guided worksheets with wellbeing practitioners enable them to make links between physical activity and their mood.

8 offenders can participate in each session. A total of 40 offenders will benefit over 12 months. Wherever possible participants will have the opportunity to volunteer at later courses and mentor the new intake enabling them to develop their coaching skills, share their experiences and motivate and inspire others.

Boats Not Bars will help offenders to resettle successfully into the community. Prisoners released on temporary license (ROTL) or ex-offenders will be offered:

- A water based 10-week rowing course enabling skills learnt in prison to be transferred on to the river
- Opening membership of FRBC
- Those who show aptitude and commitment will be offered a pathway to taking the British Rowing Session Coach qualification
- Potential employment placements within FRBC such as boat maintenance, coaching, etc
- Signposting to other local charities and organisations offering social, health and welfare support including Key4Life and 3 Pillars
- Signposting to other employment opportunities including Cory Recycling, Hurlingham Club

Through experience we know there is a lapse between the offenders taking part in the prison course and accessing the community-based support and employment, and/or uptake maybe lower if offenders return to or resettle to other parts of the country

Who will be responsible for overseeing and delivering this work?

The project will be managed by Imogen Walsh, FRBC Prison's Manager. They work closely with the CEO at FRBC and the Prison Manager and Wellbeing Team at HMYOI Feltham. Imogen has been fundamental in working with prisons to devise this work.

Key Responsibilities

- Deliver safe, enjoyable and regular indoor rowing sessions to prisons.
- Compile and deliver a documented training and lesson plan detailing the progress required on each course
- Create data measures and produce regular progress reports to demonstrate the effects of the programme inside and outside of prison.
- Link with other delivery partners, to compliment and improve the impact of our program and that of the partner's

Skills and experience

- Professional Athlete; Multiple Olympic, World, and European lightweight rowing medallist
- British Rowing L2 Coach
- RYA L2 Powerboat
- Experienced rowing coach, developed rowing programme in the Maldives

We are requesting £3,120 towards the management cost of this post.

Imogen will run and deliver the program, alongside an additional FRBC coach. They will be a Level 2 Rowing Coach and have experience working with young people. Funding of £2,000 from this grant will be used towards their costs. This will be a new position.

Will you be working within the prison estate?	Yes
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How will you engage with YO? (Through HMPs or YOIs or in the community)
HMYOI Feltham

Would you describe yourself as a Sport 4 Development organisation?	Yes
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Please tell us about your Sport 4 Development projects or approach

All projects use rowing as a tool for promoting individual and community development. They aim to use sports to achieve social, economic and health outcomes. We use structured programmes, activities and events to teach valuable life skills such as teamwork, communication, and conflict resolution. They use the power of sport to engage young people, build social connections, and foster a positive sense of identity. Boats Not Bars - working with young offenders to offer indoor rowing programs and wellbeing support. The project extends into the community where we offer access to the support network of the club, training opportunities and signpost to other rehabilitation charities and organisations. Schools Programme - a six week learn to row course is offered to 11 state secondary schools giving young people, many from socio deprived or disadvantaged backgrounds, the opportunity to try a new sport and connect with the natural environment. Holiday Activities - Summer and Easter holiday river based activities for young people from the local area who are in receipt of pupil premium. Physical activities such as rowing, kayaking, yoga and boxing are combined with inspiration talks and workshops including visits from the RNLI, St Johns Ambulance, and anti-knife charities. Young people receive three freshly cooked meals each day and build relationships with other young people from their community. Junior Bursary and Empowerment Project - young people who wish to continue to row as part of the club but do not have the financial means to do so are offered bursary places. They have the opportunity to develop their talents, row competitively and be part of both the local and rowing community. We are extending this project to offer young people the opportunity to gain recognised rowing coaching qualifications.

How will your organisation continue to sustain this project after the grant ends?

We will continue to research and apply to other charitable trusts and foundations to support this project. A pipeline current identities 17 prospects.
Community and corporate fundraising, and events will also help to fundraise for this project.

What expertise and track record do you have to be able to deliver this work successfully?

Boats not Bars was established through close partnership with Her Majesty's Prison and Probation Service which provided the initial capital funding of rowing machines and set up costs. The project is now funded through charitable donations, predominantly trusts and foundation grants and income generated by FRBC.

Boats Not Bars is creating a platform for change. Feedback demonstrates offenders develop greater self-discipline and improved self-belief. The project has been running since 2019 within six prisons, including adult prisons and young offenders' institutions, with 244 offenders benefitting from the project (NB The project was suspended in 2020/2021 due to Covid).

In every course we have run, there has been improvements in physiological measures and significant changes in attitudes and mental health. It is these that will make an impact on the likelihood of reoffending.

Impact summary:

Motivation to get up in the morning Up 23%

Optimism about life post-release Up 18%

Anxiety levels Down 21%

Physical activity levels Up 24%

I feel better after I have exercised Up 52%

I can choose my own identity Up 20%

I believe that I can make any future for myself that I choose Up 50%

I feel more comfortable when people stick to the rules Up 16%

I don't like it when those around me mess around/ ignore instructions/ misbehave Up 44%

Participant feedback from HMYOI Feltham:

"Helping the people around me to do better helps me interact with others",

"I did achieve, over the weeks I got consistently better at rowing. By putting in 100% I was able to achieve my goals."

"I've got a good mentality and can go far."

"I am able to channel my emotions into exercise."

"Rowing has been something good to focus on and has helped me to get fitter at the same time as releasing stress."

"At first it was hard but it got easier throughout; I enjoy rowing and would 100% like to try rowing on water."

Other feedback;

"Having witnessed this work in person yesterday I can see the real work that Boats Not Bars is achieving. As well as what indoor rowing can do to provide the skills and mindset that will foster and help someone build a pathway away from a life in crime" Chris Farrell, Project Manager for Indoor Rowing at British Rowing

"Excellent project and well worth exploring. This is the very type of new thinking which prisons can adopt to help contribute towards rehabilitation." David Hurst. Programmes Manager HMP Grndon

Wherever possible, within the prison we work closely with Resettlement staff, Wellbeing Teams, and/ or gym staff, to make sure the program is utilised to it's best potential, whether that be e.g. using it for mental health goals, for facilitating ROTL opportunities, or for gaining qualifications.

On release we contact all participants who have asked to be contacted, to remind them of the support available to them. We can then offer membership, training and signposting as outlined above.

Explain how the grant will be spent

Project Management

Planning, liaising time, monitoring & evaluation.

3 hours per week @£27 x 40 weeks

Total £3,120

Grant Request £3,120

Project delivery

Coaching Hours

Lead coach 2 hours @ £27 x 40 weeks £2,080

FRBC coach 2 hours @ £25 x 40 weeks £2000

Total £4,080

Grant Request £4,080

Materials

T-shirts for participants £200

Workbooks, design & print £200

Total £400

Grant Request £400

Travel expenses

Total £1,750

Grant Request £1,750

Overhead Costs Includes % costs of staffing (senior management team, fundraisers), legal cost, insurance, office and IT costs, etc

Total £2,500

Grant Request £2,500

TOTAL COSTS £10,100 Year 1

£10,100 + 10 % = £11,110 Year 2

Grant Request Year 1 £10,100

Year 2 £11,110

Will you be receiving funding from any other sources for this project?

No

Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.

No

Reason why not all staff have DBS checks.

All staff and coaches working with adult members, young people and offenders are DBS checked. Administrative staff with no contact with beneficiaries do not have DBS checks.

Total funding requested in this application (£10,000 to £80,000 with a maximum of £40,000 in one year)	
£11210	
Proposed grant start date	Proposed grant duration in months
01/01/2024	24
How much funding is required each year?	
Year 1	Year 2
£10100	£1110
What was your organisation's expenditure in the most recent financial year?	What was your organisation's annual income in the most recent financial year?
£854227	£793495
What value of unrestricted reserves did your organisation have at the end of the most recent financial year?	
£558947	