



A Charity developing
young people through sport

“

I didn't have a choice in school but I had a choice with Greenhouse to become a player, a referee, an assistant coach, a sports leader and mentor, a cyclist, a role model.

What I truly value, is all the transferable skills Greenhouse taught me, skills I simply wasn't perceiving in the classroom. When I thought of school, I thought of Greenhouse, it was my motivation to behave, to get the best grades, to be the best not only at basketball but at thinking and analysis through sports.

Greenhouse taught me patience, it taught me the value of female sports.

it taught me to value and believe in myself.”

A Greenhouse Sports participant Clapton Girls' Academy

Image does not relate to the participant quoted

Greenhouse

LETTER FROM OUR CHAIR



Looking back on the 12 months since I took on the Chairmanship, I am exceptionally proud of all of our staff, coaches and young people for so many fantastic achievements.

The Greenhouse Centre, which opened in Spring 2018 has gone through its first full year in operation, and it has been greatly rewarding to see the impact it is already having in the Church Street Ward and further afield. In the last academic year we had 1,877 people use the Centre, and more than 2,200 through the doors since we opened in April 2018. This has complemented our work supporting 6,787 young people through our school programmes. It was very rewarding in May this year to welcome the then Secretary of State for Education, Damian Hinds MP, to the Centre to meet some of our Coaches and young people and hear his support for Greenhouse Sports, a report on which you can read in this Annual Review.

This year we have seen numerous opportunities and recorded many highlights of our young people expanding their horizons through competitions and engaging with our corporate partners. Tennis Coach Jamie Faint and his tennis programme at Clapton Girls Academy won the LTA's National Education Award, while Barking Abbey's U14 Girls team contested the Final Four of the National Schools Championship, a first for Greenhouse Sports. One of our much-valued partners, Prudential, again provided a fabulous opportunity for nearly 50 young people, coaches and volunteers to take part in RideLondon.

There has been significant work to develop and further improve our model, building on the learnings from the research published by Loughborough University in 2017 which demonstrated the impact we have on improving educational attendance and attainment.

At a time when a rise in youth violence is dominating headlines and youth services are being cut, it is sadly little exaggeration to

speak of the importance of our programmes as a positive influence on some very challenged lives. In the light of those challenges faced by the areas we work in, it is positive to note the strength of Greenhouse Sports' operations and that we have never had a better set of opportunities before us. We have an incredibly dedicated Trustee team that has been strengthened through the appointments of Alexandra Willis, Jill Sherman and James Reynolds, while it is a great loss to accept the resignations of Penny Linnett and Jeff Berman after over 10 years of service. I look forward to their continued involvement with the charity in other ways.

After three years of dedication to the cause our excellent CEO John Herriman also took up a new opportunity in August. The journey that Greenhouse Sports has travelled under his leadership is significant; we took on the Greenhouse Centre and have hugely improved our governance processes and sustainability. We wish him all the best for his future endeavours.

There has been significant progress in our fundraising in the last 12 months, but we continue to look for new partners and to further increase our sustainability. Thank you to our supporters for enabling us to continue our mission of changing lives through sport and I look forward to your continued involvement in the years to come.

Michael Sherwood

Michael Sherwood
Chair of Trustee Board

SPOTLIGHT ON HARRIS PECKHAM

In just the first year of having a Greenhouse Sports programme, Coach Jago has made a notable mark on the community of the school.

“Sport taught me not to give up so easily. Sport showed me you can be at the bottom but still push yourself to get to the top, no matter what obstacles are in the way, you just jump over them.”

Meet Ibrahim,

Ibrahim is a 15-year-old pupil at Harris Academy Peckham. His journey to basketball wasn't a smooth one – he rejected taking basketball seriously from an early age. He says, “I hated basketball because I was really tall so everyone would tell me I should play, and that put me off.”

When Coach Jago first met Ibrahim in Year 9, Ibrahim had already been noticed by other teachers for his disruptive behaviour. Jago's earliest memories of Ibrahim were negative ones, however, since then, there has been a noticeable improvement in Ibrahim's demeanour, engagement and attention:

“When I first came to the school, Ibrahim was someone who was labelled as a destructive student. Now his teachers recognise in class that he's improved a huge amount; behaviour-wise he's become a model student in and around the school. Now you can see he's changed and is a lot more focused, I look forward to him going on to year 11.”

“I'm there every single day, Ibrahim knows when he comes to practice, the kind of standards I set.” - Jago

Ibrahim attributes this positive shift within him to the influence of Greenhouse Sports and particularly his relationship with his coach, even though he has only been playing basketball with Coach Jago for one year,

“Jago is a huge figure to me - a father figure. He gives me advice about things in my life outside school. To describe Coach Jago in 3 words, I would say inspirational, ambitious and confident. **Jago has boosted my confidence and pushed me on to do better things, not just in sport but in music, and all other things in life.** My communication has improved a lot. This would be very different if we spoke two years ago - I used to be really quiet. **”**

Ibrahim's positive personal development has not only been noticed by his coach and other teachers. Following the success of the basketball team on the Harris Federation Tournament, Ibrahim was invited to join the Harris Federation National Basketball team – a huge accomplishment for someone in their first year.

As a keen musician, dedicated basketball player, and mindful student, the future looks bright for Ibrahim. With his GCSEs coming up next year, we all have faith that with Coach Jago's support, Ibrahim can tackle whatever comes his way.

Jago, has made a notable mark on the community of Harris Academy Peckham, in the school's first year of having a Greenhouse Sports programme. Lisa Clifford, Deputy Head said: “The difference in getting someone from outside of the school and a charity come into the school, provides a different sort of mentor for the students, (Jago) is a different person they can go and see if they have any problems. And for the children involved it has given them something to focus on in and outside of the Academy. They are meeting and mixing with students they haven't met before, and the girls and the boys groups are interlinked which is lovely to see.”

Names have been changed to preserve the anonymity of our participants. Photos do not relate to the case studies.

WHY WE'RE NEEDED

In 2017 a report detailed that in London alone 700,000 children wake up every day in poverty.

More recent reports claim that this figure has only worsened and London has the highest rate of poverty and inequality in the UK.¹

The young people that Greenhouse Sports works with face many challenges as London's most disadvantaged. The scale of the problem:

• The Poverty Trap

A child living in poverty will, on average, develop slower than wealthier contemporaries, do less well at school, have poorer physical and mental health, and will generally have reduced life chances.²

In 2018 the gap for the most persistently disadvantaged secondary school pupils at GCSE level was almost two years behind their more advantaged peers. Three-quarters of the widening of the gap occurred during 2017 and 2018.³

• Disadvantaged young Londoners

Often live in overcrowded or unsuitable housing

Are five times as likely to lack a quiet place to do homework

Often have increased barriers to sport participation due to associated costs such as equipment, coaching and transport

70,000 children in London go to bed hungry 'sometimes or often'⁴

25% of London's children are at risk of going hungry during the school holidays⁵



Londoners live below the poverty line

AND



skip meals to save money so their children can eat²²

• Risks for Mental Health

Young Londoners living in disadvantage:

Have a higher likelihood of developing and experiencing mental health problems.⁶

Are more at risk of poor mental health, low self-esteem and depression.⁷

Poor mental health can be both a cause and consequence of disadvantage and inequality.⁸

Children in the lowest income quintile are 4.5 times more likely to experience severe mental health problems than those in the highest. This gap has significantly widened over the last decade.⁹

Are four times more likely to fight or bully others.¹⁰

Are twice as likely to report being bullied.

• The Chronically Inactive

Children from lower socio-economic backgrounds:

Are more likely to be in the least active group (39%) than children from the most affluent families (26%).¹¹

Experience higher rates of obesity. Children from areas of high deprivation are twice as likely to be obese compared to their more affluent peers.¹²

For young people with SEND there are even greater challenges as the poverty gap between people with disabilities and those without is worse in London than it is in the rest of England:¹³

Children and young people with a disability are less likely to report they enjoy taking part, feel confident when taking part and understand why taking part is good for them, than those without a disability.¹⁴

People with disabilities are twice as likely to be physically inactive (43%) than people without disabilities (21%).¹⁵

Poor access to leisure can affect the community and social life of people with SEND, creating a barrier to independence and their enjoyment of leisure activities.¹⁶

• Rises in Knife Crime

In recent years there has been a significant increase in knife crime and particularly youth knife crime across the UK and especially in London.

The number of fatal stabbings in England and Wales last year was the highest since records began in 1946.¹⁷

Police statistics show that 41% of those being caught for knife crimes across London's boroughs are now aged between 15 and 19.¹⁸

In 2018, figures from the mayor's office showed that young black and minority ethnic teenage boys and men were disproportionately affected by knife crime, as both victims and perpetrators.¹⁹

The most dangerous time for children is shortly after school, between 4pm and 6pm. 'Under 16s are at highest risk of being stabbed going home from school.'²⁰

Investment in youth services and mentors is key to helping young people escape violent lifestyles. Mentoring and youth work can play a key role in supporting young people at risk of involvement in violent crime.²¹

“ To help level the playing field, we use sports coaching and mentoring to support young people from across London to grow and learn and the impact of this has been clear since 2002; more young people engaging in positive, healthy and productive activities during key times when they may be most at-risk. ”

1 Living standards, poverty and inequality in the UK: 2017-18 to 2021-22, The Institute for Fiscal Studies). London contains 11 out of the top 25 local authorities with the highest rates of child poverty across the UK.

2 CPAG. (2018). Child Poverty London Borough Briefings

3 EPI. (2019). Education in England: Annual Report 2019

4 Greater London Authority (2013), Child Hunger in London: Understanding Food Poverty in the Capital

5 Mayor of London, 2018

6 WHO, & Calouste Gulbenkian Foundation. (2014). Social determinants of mental health. WHO Geneva

7 Poverty and Mental Health, JRF, 2016

8 NHS England, Our Vision for London, 2019

9 Gutman, L., Joshi, H., Parsonage, M., & Schoon, I. (2015). Children of the new century: Mental health findings from the Millennium Cohort Study. London: Centre for Mental Health

10 Poverty and Mental Health, JRF, 2016

11 Sport England, Active Lives Children and Young People Survey, 2018

12 Public Health England, 2019

13 Trust for London, 2018

14 Sport England - Active lives 2018

15 Sport England, Active Lives 1 2015-16

16 EHRC. (2017). Being Disabled in Britain

17 ONS, 2019

18 Met Police, 2019

19 Mayor's Office, 2018

20 Mayor, S. (2018). Under 16s are at highest risk of being stabbed going home from school, UK study finds. Available: www.bmj.com/content/363/bmj.k4721

21 All Party Parliamentary Group on Knife Crime, Young Peoples Perspective, 2019

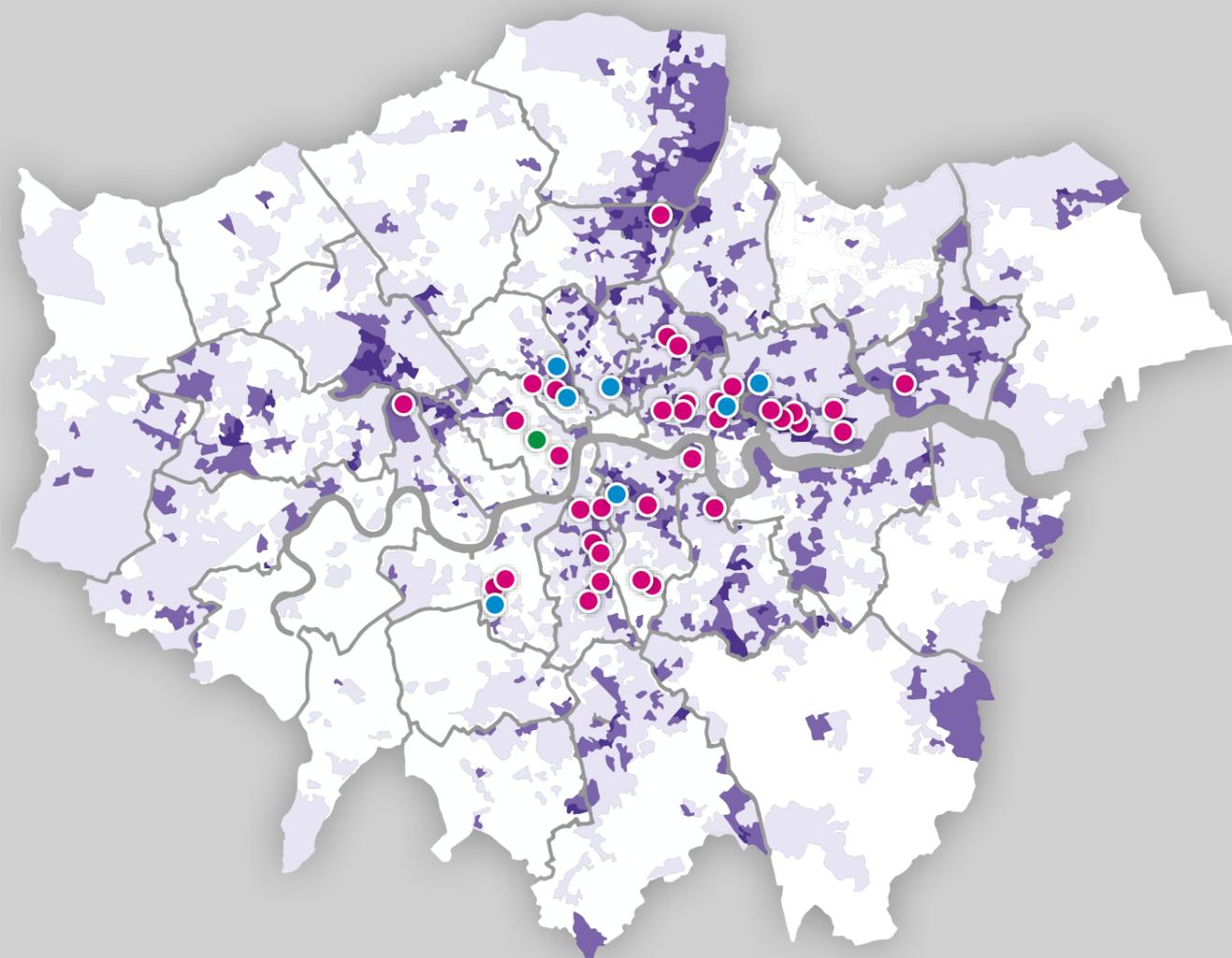
22 Mayor of London, Food Poverty Action Plans 2019

WHO WE WORK WITH

2019 marks Greenhouse Sports' 17th year delivering inspirational sports coaching and mentoring to young people in London.

During the 2018-19 school year we ran 42 programmes in mainstream schools, 7 in schools for pupils with SEND, the Greenhouse Centre and two performance clubs. We worked with over 8,660 young people and delivered more than 57,700 hours of coaching in basketball, table tennis, tennis, volleyball, judo, and multi-sports for pupils with special educational needs.

We work with those who need us most, focusing our resources in schools where at least two-thirds of pupils live in areas of high deprivation, or which are specifically for young people with complex needs and disabilities. Our Greenhouse Centre is in the Church Street Ward of Westminster, an area in the 10% most deprived in the UK.



*We define living in high-deprivation as living in a post-code which is within the lowest 30% of the Department for Communities and Local Government's 'Income Deprivation Affecting Children Index' deciles.

Index of Multiple Deprivation 2019, London

- In 5% most deprived
- In 5-10% most deprived
- In 10-20% most deprived
- In 20-50% most deprived
- In 50% least deprived

Programmes run in 2018-19

- Mainstream programme
- SEN programme
- Clubs (includes Centre)

Greenhouse programmes are in the following 16 boroughs:

- Barking and Dagenham
- Brent
- Camden
- Croydon
- Hackney
- Islington
- Lambeth
- Lewisham
- Merton
- Newham
- Southwark
- Tower Hamlets
- Wandsworth
- Westminster
- Enfield
- Lewisham

Please note multiple programmes in some schools are represented by a single coloured marker. Source: Source is Indices of Deprivation 2019, MHCLG © Crown Copyright and database right 2015. Ordnance Survey 100032216 GLA.



of all participants live in postcodes classed as 'deprived'



of all participants are BAME (Black, Asian and minority ethnic)



of mainstream school programme participants have English as an additional language



are male



are female

WHAT WE DO: SCHOOLS

Greenhouse Sports improves the life chances of young people living in disadvantaged areas through intensive sports coaching and mentoring.

Greenhouse Sports coaches are embedded full-time in secondary schools and sixth form colleges, in SEND schools and in our performance sports clubs, where they deliver programmes before, during and after school, as well as at the weekend and during the holidays.

Our coaches run nearly 50 open and inclusive programmes within schools, offering opportunities for pupils of all levels to take part. They work closely with school staff to identify pupils who could particularly benefit from participation because of behavioural difficulties at school, poor attendance or low confidence and self-esteem.

To reach those who need us most, we focus our resources on young people who are disengaged, vulnerable or facing disadvantage. We only work in schools where at least two-thirds (67%) of pupils live in areas of high deprivation,* or which are specifically for young people with SEND.

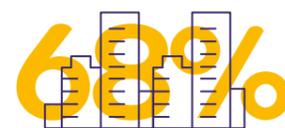
Our goals:

Our programmes change the game for young people who are vulnerable, disengaged or growing up in disadvantage by working to achieve the following outcomes:

	Developed Social, Thinking, Emotional and Physical (STEP) skills in participants		Sustained participation in sport and physical activity
	Improved physical and mental wellbeing		Improved engagement with school and education



of London school children are reaching the recommended physical activity levels



of our school based participants live in postcodes classed by government as high deprivation



Why Sport?

- Builds life skills including teamwork, communication, leadership, self-discipline and resilience
- Combats mental health issues including depression and anxiety, and improves self-esteem
- Reduces the risk of chronic physical conditions such as heart disease, diabetes, cancer and obesity
- Promotes inclusion and mutual respect

With 17 years of experience delivering sport for development programmes, we have learned how to use sport to engage, motivate and inspire young people.

A Greenhouse Sports coach is not only technically skilled and highly qualified – our coaches must also be role models and mentors. Our programmes do not just focus on excellent and intensive sports coaching, but are also designed to develop the Social, Thinking, Emotional and Physical (STEP) skills of participants.



The core components of all Greenhouse Sports programmes are:

- high quality, intensive sport coaching
- mentoring
- competitive opportunities
- learning and development opportunities

Through this approach, we provide participants with the best possible opportunities to develop their capabilities through sport.

*Health Survey for England 2015 physical activity in children: <http://healthsurvey.hscic.gov.uk/media/37752/hse2015-child-phy-act.pdf>

PROGRAMME SUCCESSES MAKING A DIFFERENCE FOR YOUNG LONDONERS

Our sport programmes provide quality intensive coaching through highly trained sport-specific coaches. The sports we deliver include basketball, Table Tennis, Tennis, Volleyball, Judo and multi-sports programmes in SEND schools.

Our approach is designed to give the participants the skills that can be equally applied in life as well as in sport. The training and competition elements encompass opportunities for leadership, sports qualifications, learning the benefit of a disciplined approach and managing adversity; all training that increases confidence and unlocks the potential in our young people.

U14s make Final Four of National Championships

Barking Abbey's U14 girls' basketball team made history for Greenhouse Sports, contesting the Final Four of the National Schools Championships for the first time.

The team, led by Coach Diana, excelled themselves at the Finals in Manchester, narrowly losing a thrilling semi-final against the locals of Trinity CE School, having reduced a 20-point deficit to just two points in the closing seconds.

At 58-53 with 25 seconds to go, Barking Abbey scored a huge triple to set the game up for a grandstand finish. It looked to be on the cards as well when Trinity turned the ball over, leaving a Barking Abbey player to race down the court as the final seconds ticked by. Just as she pulled up for the

decisive shot, a Trinity defender poked the ball loose on the chase, with a teammate falling on the turnover before passing out and getting the North West side a fast break score for the match to end 60-56.

The play-off for the bronze medal with Kings School was equally tense, with the Barking team reducing a deficit of 12 points to one for the final two minutes. It was still one-point advantage to Kings in the final 25 seconds but Barking's final shot didn't quite make the basket.

Disappointed but unbowed, the team should rightly be very proud of their achievements in reaching a first National Finals day and for representing Greenhouse Sports so well.



“

Winning this award means that the programme has been recognised for all the hard work the girls put in consistently

”

Tennis Coach Jamie awarded LTA National Education honour

Greenhouse Tennis coach, Jamie Faint, received a national honour in the summer of 2019, with the Lawn Tennis Association (LTA) awarding his programme at Clapton Girls' Academy the 2019 National Education Award.

A Greenhouse Sports tennis coach since 2015, Jamie began the tennis programme at Clapton and the school very proud of its success and popularity among the students.

Launched in 2015, the LTA awards acknowledge the thousands of individuals involved in tennis across the UK – from 25,000 volunteers, to the 4400 coaches and nearly 1000 officials. The awards celebrate the extraordinary contribution of the individuals and venues that help to open the sport up, bringing new fans and players to the game. Over 1500 nominations were received for this year's awards, and national winners were crowned on 2 July at The Championships, Wimbledon.

Coach Jamie said: **“Winning this award means that the programme has been recognised for all the hard work the girls put in consistently, no matter the weather conditions or circumstance. They never put a barrier in front of their personal development both on and off the court. I am also delighted for Greenhouse Sports and Clapton Girls' Academy who both drive high standards for the young people they work with and as the coach of this programme I am immensely proud of everything we do, the standards we set and the strong mentalities and players we grow.”**

The girls from Jamie's programme also received another reward, a trip to watch the Championships at Wimbledon, where they were invited on to BBC Breakfast and Evening News TV to speak about the award and what playing tennis means to them.



PROGRAMME SUCCESSES CONTINUED



Young Eastbury table tennis player selected for England

Young table tennis player, Maliha, who is a participant of Coach Jason Clark's programme at Eastbury Community School in East London, was selected to join England's squad at the Schools International Competition in the summer. Maliha, who is only 11 years old, was selected to represent the U14s category when England took on Scotland, Wales, Ireland, Jersey, Isle of Man, and the host nation Guernsey.

The call-up was recognition for Maliha's continuing success under Jason's coaching programme, a gold medallist in her own age group from the Butterfly Schools Individual Championships, she now regularly competes in older age categories.

Maliha said: **"When I heard I made the England squad, I was excited. It was unexpected but I am looking forward to representing England! I believe my success is thanks to my coaches, who care about me and want me to succeed."**

Coach Jason said: **"Maliha was delighted to find out that she was selected to represent England in the National Schools Final in Guernsey. Even though she is only 11, it was a great experience for her to play against older players. Maliha has already said her aim is to represent her country at the Olympics in the future."**

“ I believe my success is thanks to my coaches, who care about me and want me to succeed.

”

Summer SEND Camps a huge success

Greenhouse Sports SEND programmes had another rewarding year, the highlights being some a hugely successful Summer and Summer Camps programme.

This included an SEND Residential in May to Stubbers Outdoor Activity Centre with students taking part in lazer tag, jet-skiing, kayaking, high-wire walking, tunneling, Football, Cricket, Quizzes, BBQs and various team building activities; and a multi-sport camp held at the Greenhouse Centre over a number of days for participants from Highshore and Swiss Cottage schools.

As part of the camp at the Greenhouse Centre, the Greater London Steering Group for Special Olympics and Greenhouse Sports welcomed players of all abilities to the Open Table-Tennis Event. The aim of the day was for players to have fun, make friends, compete in friendly matches and find out about Special Olympics clubs in the region. Activities such as fun ping pong games, 'Round the World' and the 'Robot Challenge' were a feature of the day.

Our star guest was Lily Mills, the Special Olympics World Games Tennis Double Gold medallist, and she was on-hand with her family throughout the day to support the event and inspire the participants through active participation as well as a Q&A session. The participants entered into the activities with real enthusiasm, with one of them remarking: **"What a fun day! Meeting Lily was an inspiration, she is so lovely too."**



In June, three of our basketball programmes – UCL, Westminster Academy and Crest Academy – were invited by Adidas to take part in a special event to mark NBA and Houston Rockets star James Harden visiting London for the first time. Led by Coaches Doze, Dodi and Alex, 35 of our young players took part in an exclusive coaching session with James, all recorded for a short film that Adidas broadcast on YouTube. **"It was an incredible experience!"** said one attendee.



In April Brazilian World and Olympic Champion Volleyball legend Giba visited the Greenhouse Sports volleyball programme. He ran a training clinic and a Q&A for 60 of our young players. All attendees then also received tickets to watch Giba play an elite volleyball match that weekend. After the visit, Giba said: **"It was brilliant to meet the next generation of volleyball players at Greenhouse Sports. Having great coaches to inspire younger players is invaluable and the work that Greenhouse Sports is doing in disadvantaged communities in London can be life-changing. The future looks bright – I hope to see the players on the courts in the future!"**



MAINSTREAM AND SEN SCHOOL PROGRAMME OUTPUTS

The 2018/19 Academic Year:

6,787
UNIQUE PARTICIPANTS

321,295
PARTICIPANT HOURS

57,000
HOURS OF COACHING



of our participants are female



of our participants live in areas of high deprivation

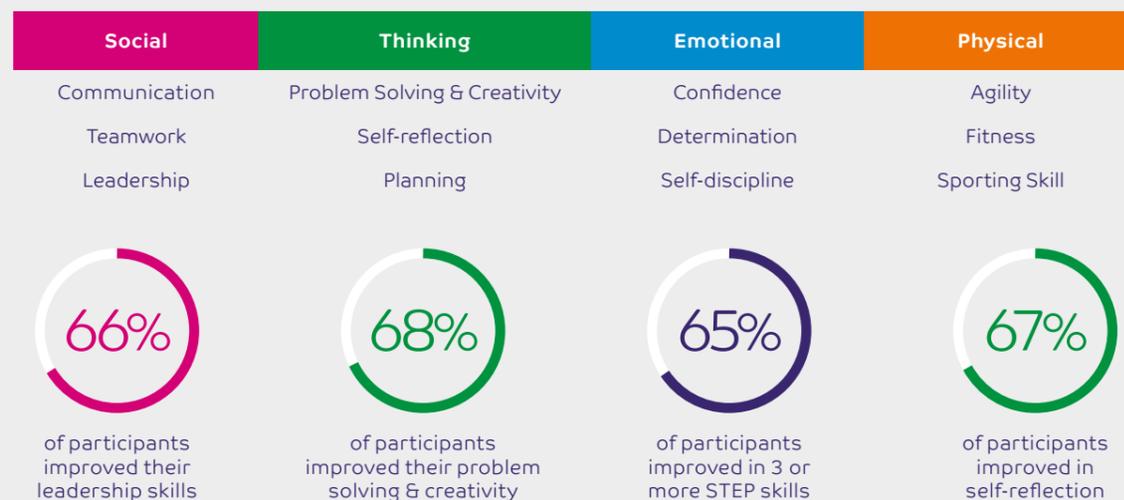


of our participants are BAME

Yo-Yo test (intermittent recovery test)

Over 600 of our young people completed fitness testing during the 2018/19 academic year. The average metre change for all Greenhouse Participants was a 70 metre increase. **This represents a 7% average increase in fitness levels** when compared to the start of the academic year.

STEP Capabilities for Mainstream School and Club Participants:



Mental Wellbeing

Of the 200 Greenhouse participants who self-reported the lowest mental wellbeing scores at the start of the 2018/19 academic year, **77% of them reported an increase in their mental wellbeing by the end of the 2018/19 academic year.** This cohort averaged 220 hours of attendance at Greenhouse sessions throughout the year.

School Attendance

During the 2018/19 academic year the average school attendance for Greenhouse participants was **94.88%**. For non-Greenhouse participants attending the same school's attendance was **92.85%**. Annually this equates to roughly **4 extra days in school.**

STEP Capabilities for SEN School Participants:



from the School Satisfaction and Pupil Satisfaction surveys (based on 25 and 850 respondents respectively)



MEET RAYAN

AGE 16

Rayan has been part of the Greenhouse Sports programme at his school for four years. During this time, he worked closely with Head Coach Jo on developing not only his physical wellbeing, but his social and life skills also.

Rayan's school caters for students with a range of learning and communication challenges, and Rayan experiences physical, speech, and developmental difficulties – but, as Coach Jo says, he does not let them hold him back!

The relationship between Rayan and his coach has been instrumental in his development. He says, **“If it wasn't for Jo, I wouldn't be here today and be so passionate about sports.”** Taking part in sports and exercise with Jo has relieved some of Rayan's physical challenges. For example, he says, **“My motor skills have gotten better, my leg muscles, and my hands... playing sport has helped me to control my hands.”**

But Rayan's passion for sports comes not only from the physical improvements he has made, but from the significant development in his skills such as leadership, confidence, and resilience. A big part of that comes from Rayan's involvement in the Greenhouse Sports Youth Council. He explains, **“It gives young people a voice in Greenhouse, because although you have people running the organisation, you need help from younger participants like me that like playing sports and have so much passion.”**

Opportunities such as the Youth Council have had a knock-on effect for Rayan and inspired him to seek out further leadership opportunities. In 2019, he completed his Sport Leaders UK Level 1 qualification, and began supporting a local primary as an assistant coach as well as helping Coach Jo with sports sessions for younger pupils at his school.

Jo says, **“He helps me with the afterschool clubs, and he is so dedicated. Since doing his sports leadership course he has really started to shine, and it's the only thing that has kept him at school”.**

Rayan's commitment to coaching and the community has not gone unnoticed. Through his work with the Sports Leaders Course, Rayan was nominated for the Young Leader of the Year award – and won. This was a huge moment for Rayan, where he could celebrate the incredible development he has made over the past four years.

About receiving the award, he says, **“I felt nervous because there were a lot of people and it was a big event, and I thought I wasn't going to get it, but I got it! I was a little bit emotional and I cried on stage.”**

Looking forward, Rayan is confident in becoming a coach and loves to learn from watching Coach Jo.

“

I like to see how other people coach and gain inspiration from their coaching techniques.”

”

Next year, Rayan will begin a one day a week work placement at Greenhouse Sports Centre, getting involved with coaching as well as operational work in the head office.



Names have been changed to preserve the anonymity of our participants. Photos do not relate to the case studies.



THE FIRST YEAR AT THE GREENHOUSE CENTRE

The Greenhouse Centre, our flagship HQ, that was officially opened in April 2018 by HRH the Dukes of Cambridge and Sussex, has now been operational for more than a year.

Our first community sports centre, it has had a significant impact in our locality, the Church Street Ward of Westminster, one of the most deprived wards in the UK.

Our aim was to create a top-class community hub with a real sense of values that promote health and wellbeing as well as to provide pathways and opportunities for members of our community to reach their full potential. In our first year the visual and measurable impact has been truly rewarding, with 93 percent of Centre survey respondents feeling that they are part of the Greenhouse Centre and having a strong sense of belonging in the Greenhouse Centre.

“ One pupil is at the Centre three hours every night. Things at home aren’t great, and his mum says this is fantastic as he’s got a safe place to be for 3 hours every night. He’s from a single parent family and his mum has highlighted it makes it easier for her.

St Edward’s Primary School PE Teacher ”



THE GREENHOUSE CENTRE IMPACT

1877

individuals have attended sessions at the Greenhouse Centre in the last academic year



are young people (under 18s)



of participants live in postcodes classed as 'deprived'



of participants are BAME (Black, Asian and minority ethnic)



are male



are female

Impact Evaluation

During June and July 2019, the Impact team at Greenhouse Sports conducted initial snapshot research on the Greenhouse Centre.

Social, Thinking, Emotional and Physical Skills (STEP)

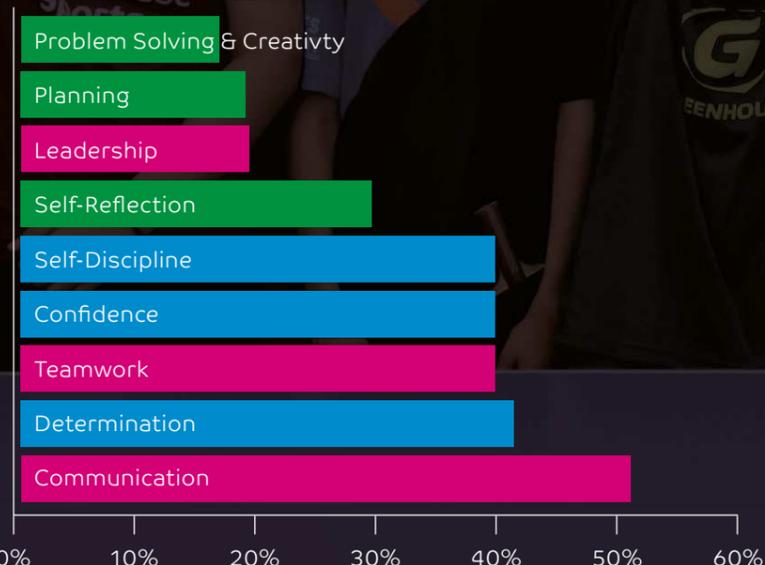
All respondents aged 12+ were asked which three Social, Thinking and Emotional skills they felt attending the Greenhouse Centre helps them to most improve (in no particular order). This is in line with the Greenhouse Sports STEP Framework.

The below chart shows the % of respondents that highlighted the specific skill as one of their three chosen improvements.

Greenhouse Sports STEP Framework:

Social	Thinking	Emotional
Communication	Problem Solving & Creativity	Confidence
Teamwork	Self-reflection	Determination
Leadership	Planning	Self-discipline

STE Skills:



Physical and mental wellbeing

ROUGHLY 70 MEALS PROVIDED

to under 18s at Greenhouse Sports every week – made possible by our partnership with The Felix Project

OVER 130 UNDER 18S

have taken part in our performance table tennis coaching programme, with a focus on STEP skill development and building independent athletes

155 FEMALE MEMBERS

have completed over 900 hours of female only sessions, including Zumba, Bollywood dance and yoga

28 MEMBERS

over the age of 65 have taken part in age specific tailored table tennis sessions with a focus on social play and reducing isolation



Individual Development

27 PUPILS

from local primary schools have taken part in our bi-weekly after school homework club sessions taking place at the Greenhouse Centre

6500 HOURS HOSTED

During the 2019 summer holidays the Greenhouse Centre hosted 186 young people for over 6500 hours, taking part in a variety of holiday camp activities including: table tennis camps, community sports camps, special educational needs multi-sports camp, youth leadership week, and employability workshops

770 PUPILS

from local primary schools have attended table tennis sessions at the Greenhouse Centre with a focus on health and wellbeing, physical literacy and development of social skills



Social and Community Development

178 UNDER 18 MEMBERS

have attended skill sharing days in collaboration with our corporate partners.

SKILL SHARING DAYS

During these days corporate volunteers support our young people by giving advice on skills such as interview techniques, goal setting and CV writing, whilst in return they receive table tennis coaching from our young people.

OVER 550 HOURS OF VOLUNTEERING

completed by 27 longer term volunteers since the Greenhouse Centre opened



% of respondents agreed or strongly agreed with:



felt part of the Greenhouse Centre and had a sense of belonging in the Centre



felt they could achieve most of the goals they set themselves



of those respondents who identified English as their second language felt that attending the centre had improved their English language skills



felt the Greenhouse Centre is a strong part of the local community



felt they'd gained the opportunity to meet and interact with people from different backgrounds

MEET ZAK

Meet Zak, Age 10, Primary school participant and performance club

Zak: "If I wasn't playing with Greenhouse, I would be doing nothing really. Greenhouse actually tries to make things happen and I feel that I belong here because I'm here every day and I love being around the people who work at Greenhouse. I can trust them to speak about things that are personal to me. My best memory would be the awards evening where I got an award for coaches' player of the year, due to my commitment and determination."

My mum thinks that Greenhouse has helped me with my confidence and speech. It has also helped her to interact with the sports I am doing. Playing table tennis has helped with my speech because when I was first coming to Greenhouse, I was really shy and didn't talk at all to anybody, I would just say three words then be quiet for the whole day. Now it's helped me with my speech by forcing me to speak with others... I've become more confident and I'm a lot more talkative now."

“

I'm currently ranked 32 in England for under 11s, I'm aiming for the top.

There's definitely a chance I can get to the top.

”

Coach Daniel: "When Zak first came to the Greenhouse Centre was very shy and struggled with his communication in social environments. He has come on leaps and bounds. He is now captain of a squad, leads warm ups and is a fantastic role model to other Greenhouse participants. Zak currently attends the Greenhouse Centre 20 hours per week and shows incredible commitment and work ethic. Zak's ability to help others is something that has impressed us and he is able to support and coach his peers with confidence in group sessions, something he would never have done 6 months ago".

Names have been changed to preserve the anonymity of our participants. Photos do not relate to the case studies.



"St Edwards Primary is just around the corner from the Greenhouse Centre so as soon as you opened, we introduced table tennis into the PE curriculum and we've had our Year 3s, 4s and 5s attending the Centre this year."

Many of our kids also attend the after school club, and we've had major success with lots of our pupils: One of our girls is going to the National Championships, and another one of our boys is ranked 17 nationally, which is amazing because before this was here, we didn't know they were good at table tennis. It's brilliant that they've found a sport they are passionate about.

At school we have a young man who is shining at table tennis and is extremely passionate, however his behaviour at school is terrible. Having had some conversations with Greenhouse Centre Coach Dan, slowly but surely his behaviour has improved, as he doesn't want table tennis to be taken away from him. He's at the Centre three hours every night. Things at home aren't great, and his mum says this is fantastic as he's got a safe place to be for 3 hours every night. He's from a single parent family and his mum has highlighted it makes it easier for her.

Lots of our children also benefit from the homework club. The afterschool projects and the half term projects are great for our kids. This venue is so safe, unless you're a member you're not getting in, so having that safe haven for the children, especially some of the vulnerable children we work with, is just so important.

I always talk highly of Greenhouse coaches. I've worked with so many different companies in so many different places, and the Greenhouse approach is fantastic because it's child focused and as teachers, especially sports teachers, that's what we want to see. The coaches are so supportive, and our kids thrive here, they love it so much it's unbelievable."

**Louie, St Edwards
Primary School PE Teacher**

"My son loves to do his homework here, not at home. He enjoys seeing different people and staff, they talk to him and help him with his homework. It's very good for his communication. The first time he came here he didn't talk to anyone but now he's grown in confidence. At the Greenhouse Centre the communication with the children and all the activities is brilliant. Sometimes I come when I have free time to meet the other parents, talking and playing table tennis with other women. It's perfect, especially as I am not from this country, so it helps with my communication."

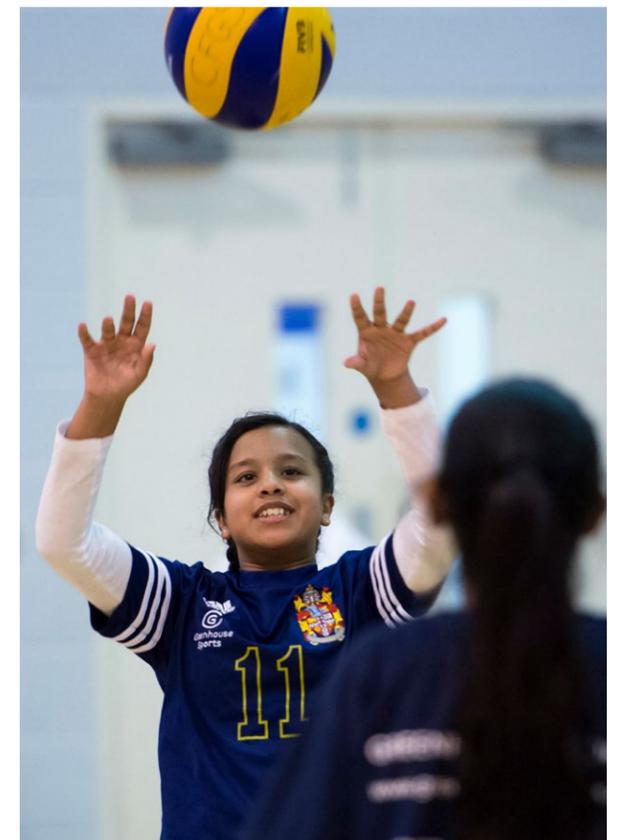
**Raina, 40,
Mum of Homework Club Attendee**



"I have been coming to the Centre for four months and I love it here. I feel so refreshed coming at the start of the day. It's nice to have time to myself here, away from the kids who make such a mess at home."

It's really great to do the Zumba and the table tennis, and Coach Maria is so kind. Both table tennis and Zumba are great exercise for my body and for fitness. The Greenhouse Centre is very near my house, so as a local it's amazing because it's free!"

**Salma, 52,
Zumba and Table Tennis Attendee**



EDUCATION SECRETARY VISITS THE CENTRE

In April we welcomed the Secretary of State for Education, Damian Hinds MP, to the Greenhouse Centre.

Hinds took a tour around the Centre, viewing and participating in a table tennis session with young players, and then fronting a Q&A with our newly chosen Youth Council. It was fantastic to hear the thoughtful questions from the Youth Council, who had the chance to ask Hinds about topics such as exam stress and sports in schools.

Also attending on the day was former England rugby captain Lawrence Dallaglio who met the Greenhouse Sports participants and joined in the table tennis sessions. He was representing his foundation Dallaglio RugbyWorks, which aims to help teenagers not in mainstream education get into employment.



“ Sport has the power to transform young people’s lives by developing confidence and instilling important values like self-discipline, teamwork and drive. Committed coaches and activities like those offered by Greenhouse Sports can have a truly positive impact – especially for those from more disadvantaged backgrounds, as I saw for myself at the Greenhouse Centre. ”

Damian Hinds, MP



We have had a great morning meeting @DamianHinds at @Greenhouse_ @dallaglio8 and our mentees really enjoyed having the opportunity to share their experiences of Alternative Provision and how RugbyWorks has supported them with him.



Thank you to @Greenhouse_ for hosting a very enjoyable visit this morning. It was great to talk to the youth council to hear about the positive role of sport - & thank you for going easy on me in the table tennis.



Q&A with our Youth Council, where they got to ask @DamianHinds about exam stress, mentors in schools, and sports programmes for young people. Great to hear our Youth Council so well informed about issues that affect them and their peers. Thanks @DamianHinds for your insights.



IN THE NEWS

With rising national concerns over stagnating social mobility, the mental and physical wellbeing of children, increases in gang and youth crime and diminished access to youth services, the media shone a light on how Greenhouse Sports makes a positive difference to young lives.

Failure to get schoolchildren active is 'ticking time bomb'

EXCLUSIVE
Lord O'Donnell warns of a 'troubled generation'
Teachers support rise to four hours of PE weekly

By **Jeremy Wilson**
CHIEF SPORTS REPORTER
Lord Gus O'Donnell, the former cabinet secretary to three prime ministers, has warned that Britain is "falling our children" and storing up a "ticking time bomb" over physical inactivity in schools. Lord O'Donnell's stark message coincides with revealing research which shows that a large majority of teachers support increasing time for physical education in state schools to the four hours generally

provided in the independent sector. Schools are only guided by government to deliver a minimum of two hours per week of PE but a significant number still choose to do less and, even then, it can be sacrificed for additional time on the core subjects English, maths and science. Lord O'Donnell, Britain's most senior civil servant under Tony Blair, Gordon Brown and David Cameron, is also calling for schools to reduce academic testing and introduce a wellbeing measure of children amid mounting concerns over their mental and physical health. The new research, undertaken by Pro Bono Economics in collaboration with Uactive and sports coaching charity Greenhouse Sports, also found a clear correlation between more sport in schools and better attendance and higher academic achievement. It all follows a survey this week by the

Youth Sport Trust, also exclusively revealed by *The Daily Telegraph*, which reported strong public support for more physical activity in schools and for PE to have enhanced core subject status. "As a nation, we are failing our children," said Lord O'Donnell. "Not only do they do badly academically when compared to other developed countries, they are also at the bottom when it comes to their fitness, physical and mental health, and happiness. We need to wake up to the fact that rising levels of inactivity among schoolchildren represent a ticking time bomb for both their physical and mental health: unless something is done now, we will continue fostering a troubled generation." The statistics on the activity levels of children are alarming. Only eight per

The Telegraph Women's Sport Girls, Inspired
What teachers said to researchers

"PE is a forgotten subject. It is seen as an intrusion in the school day, which has become so focused on meeting ridiculous targets for numeracy and literacy."
"Schools cannot afford the time to remove any teachers from their day-to-day duties so that training can be given. In the three years at university, I only had three days of PE training."
"Flat netballs and no pump. We have no field and a small hall and playground. We have

little money for equipment. Teaching PE without these is like teaching English with no books, or maths without any visual or concrete resources."
"Competitive sport is important but there should be other physical activities offered to less sporty children: fitness classes, dance-style classes, yoga, Pilates, golf, table tennis, walking groups."
"The system doesn't promote PE as being equivalent in value as maths or English. As someone who's experienced depression during periods of low activity, I can't emphasise enough how important PE is to learners."

cent of girls aged between 11 and 16 are meeting recommended daily activity levels - half the number of boys, who are still at a worryingly low level of 16 per cent. The *Telegraph* launched its "Girls, Inspired" campaign this year, which calls on government to support schools in three key aims that are designed to empower girls and increase participation by providing them with more choice, and ensure an equality of opportunity. The Government will publish a School Sport Action Plan this year and sports minister Mims Davies has called for sport and activity to be played on a par with reading and writing. The concerns of teachers are outlined starkly in the new research. Of the 460 primary and 360 secondary school teachers surveyed, almost two-thirds (63 per cent) agreed that children should do four hours of PE a week. That rose to 81 per cent, however, if cer-

tain conditions were met, such as having it structured so they did not personally have to deliver the additional sessions. One of the most concerning statistics was that less than half (46 per cent) of teachers felt that PE provision was adequate to support children's physical health and mental wellbeing. "PE is a forgotten subject - it is seen as an intrusion in the school day," said one teacher. Baroness Tanni Grey-Thompson, the 11-times Paralympic gold medalist and now chair of Uactive, said that the need for a "joined-up government-led strategy that provides creative solutions" was urgent. "Inactivity costs the nation £20 billion a year, and every year that we put off fixing this problem it gets bigger and bigger," said Baroness Thompson. Lord O'Donnell wants schools measured in different ways. "We need to stop endless academic test-



Courting success: Year-eight pupils at Clapton Girls' Academy in Hackney hone their basketball skills

'My girls are in the gym at 7.30 on cold, winter mornings'

Anna Feltham, the headteacher at Clapton Girls' Academy in Hackney, knew that something significant was stirring when she kept hearing music blaring from the school gym and the outside tennis courts from as early as 7.30am, even on a cold and dark winter's morning. Groups of girls had arrived to take advantage of the basketball and tennis coaching that has been embedded in the school by the London-based charity Greenhouse Sports for the last eight years and has helped inspire some quite extraordinary success.

The Under-16s basketball team are national champions and some of the girls have flourished to the point where a career in their chosen sport is now a realistic option. And yet, at a time when the national inactivity of girls has reached crisis point, it is the deeper life-changing messages that are most striking. "They have developed skills in their sport which are also skills for life," says Feltham, who has been at Clapton for 10 years. "For some, we have seen really significant changes in behaviour. That might be interacting with others, following

instructions, listening, accepting feedback, understanding personal space, resilience, finding limits, overcoming challenges or leadership skills, but it all translates back to the classroom. "We have significant concerns nationally about the issues of mental health and wellbeing in young people and sport plays a huge role in helping them. It is a fantastic outlet." The year-eight pupils report being "more awake", gaining "an energy boost" and then an "amazing feeling" once they have completed a pre-school session.

"It's fun, a way to express myself and keeps me healthy," says 13-year-old Reanna Bryan. Some of the tennis sessions, which can also run after school, during PE and at break times, are taken by students Lilly Atkinson and Jodine Clarke, who have come through the programme and are now in year 12 and combining coaching and playing with their studies. Tennis, they say, has given them friendships across age groups in both the school and local community. It was also an important stress release during their GCSE exams.

That is something basketball coach, Fe Duhaney-Keown, wants to emphasise. "Sport doesn't have to stop if your children are doing GCSEs," she says. "Two hours training a week will benefit them. You can see they enjoy it and definitely gain." Wider benefits are outlined in a new Pro Bono Economics report, based on a study by Loughborough University of 700 participating pupils in the Greenhouse scheme at four inner-city London schools. Engagement with the project accounted for an average annual attendance increase of eight days. It



Spreading the net: Lilly Atkinson, 17 (left), and Jodine Clarke, 18, are teaching tennis to younger pupils at Clapton Girls' Academy alongside their studies

also more than doubled daily exercise and there were improvements by up to a third of a grade in English and 40 per cent of a grade in maths. But the wider national backdrop is of PE hours in state schools being cut amid the pressures on the core tested subjects. "It can only be a positive move to make more time for sports in schools through extra-curricular activity and increased provision of PE lessons," says John Herriman, the chief executive of Greenhouse Sports. "If we really care about our kids, then we have to fix this problem now, before it's too late."

Staff at Clapton are also encouraged to join in. "We have yoga, circuit training and boxing," says Feltham. "The staff and pupils feed off each other." And what has been the key to involving those girls who might disengage from sport? "Being flexible," says Feltham. "Listening to feedback and recognising what they are interested in. We use music in PE lessons, we have converted a classroom and put in gym equipment. We make sure they understand why sport is important for their wellbeing."

Final whistle



Tennis is on the curriculum at one inner-city school and it is helping to raise standards in the classroom, writes *Jim White*



At St Paul's Way Trust School, next week is Wimbledon week. They stage their own tournament here, based on events in SW19. Everyone gets involved: some pupils act as ball crew, others are umpires, others compete. The canteen serves strawberries and cream. It is, according to the tennis coach Christine Dransfield, a highlight of the school calendar. And, as she gives me a guided tour to the splendid floodlit courts that have recently been installed with assistance from the Tennis Foundation, the winner of last year's under-12s cup turns up to return his silverware, disappointed that he is now too old to retain it. "Winning it was the best thing that's happened to me," he says. This school, incidentally, is not in some leafy suburb. Nor is it a private establishment, with term fees ending in several zeros. This is a state academy in the middle of Tower



Fun lesson: A St Paul's Way pupil enjoys his time on court

Hamlets, the poorest borough in London; more than 58 per cent of its pupils are entitled to free school meals. But here, the sport generally associated with exclusivity and wealth is part of the curriculum. Here the game of Serena Williams and Roger Federer is reckoned an engine of social advancement. Here tennis matters. "When the school was reborn seven years ago, the then head teacher,

Grahame Price, wanted to introduce the pupils to things which they normally would not have access," deputy head teacher Firdusi Uddin explains. "He hoped to raise pupils' aspirations. Tennis was part of that. It started as an experiment, and it has been a phenomenal success." Not that it was easy at first. Dransfield, employed by the brilliant sports charity Greenhouse, arrived seven years ago to

widespread indifference. Few of the children had any idea what tennis was, never mind a desire to play it. They preferred football or cricket. And, as this is a school largely drawn from the Bengali community, some parents were reluctant for their girls to get involved in such activity. Besides, tennis is not an easy sport for beginners; if you cannot hit the ball over the net and set up a rally, you are not going to get much out of it. But, working before lessons, at lunchtimes and after school, Dransfield soon began to see a difference. The school did, too. Those pupils playing the game were doing better in the classroom. Soon the head started referring children with behavioural difficulties to Dransfield, in the hope that smacking a ball with a racket might improve their wider social interactions. Almost invariably it did. And some of the players she happened upon turned out to have a real facility for the game. One lad who had never

hit a ball before possessed a natural top-spin forehand of eye-opening power. He is now, after benefiting from four years of individual coaching, about to go to university to study sports science. Another pupil, who had never even seen anyone play tennis before he arrived at St Paul's Way, has just won the London schools tournament. "I'm not saying you're going to find the next Andy Murray here, that's not what this is about," says Dransfield. "But I reckon he is out there in a park somewhere, waiting for someone to hand him a racket and teach him how to hit the ball." The children playing before morning lessons at St Paul's Way have their own explanation as to why every day they line up to thwack a ball around the court. "Why do I play tennis?" says 12-year-old Azir, who, after just six months of coaching, has developed a sizzling backhand. "Because it's fun."

Working before lessons, at lunchtimes and after school, Dransfield soon began to see a difference. The school did, too. Those pupils playing the game were doing better in the classroom. Soon the head started referring children with behavioural difficulties to Dransfield, in the hope that smacking a ball with a racket might improve their wider social interactions. Almost invariably it did.

Jim White, The Daily Telegraph, Tuesday 25 June 2019

They have developed skills in their sport which are also skills for life. For some, we have seen really significant changes in behaviour. That might be interacting with others, following instructions, listening, accepting feedback, understanding personal space, resilience, finding limits, overcoming challenges or leadership skills, but it all translates back to the classroom.

We have significant concerns nationally about the issues of mental health and wellbeing in young people and sport plays a huge role in helping them. It is a fantastic outlet. Head Teacher, Anna Feltham, Clapton Girls Academy

MEET AMINAH

AGE 16

School has not always been easy for 16-year-old Aminah, a Year 11 pupil at Central Foundation Girls School in East London.

But since joining the Greenhouse Sports volleyball programme, Aminah's experience of school has transformed. School became a place that Aminah wants to be.

"Volleyball makes me want to come in. If I want to play volleyball, then I have to come into school."

Before starting volleyball, her only experience of sports was during P.E. lessons. Now, Aminah plays volleyball twice a week with Greenhouse and once a week outside school. She says, **"My friends told me to try it and I just fell in love with it. I found it hard to pick up, as obviously people were a higher level than I was, but that motivated me to come more and train."**

Not only does she love the sport itself, but Aminah loves feeling part of a team. **The team feeling is the best. When you win as a team it's great - and if you lose, you lose as a team. Luca is an amazing coach, you can go to her for anything.**

Coach Luca is impressed with the progress made by Aminah since joining the programme a year ago, both in sport and in her personal life. She says, **"Aminah can be shy, but during her sessions she becomes a different person, especially when she has to lead a group of girls during the warm up."**

"She had some problems at home, but we've been talking a lot about finding different ways to communicate these issues with her family **and working out solutions to keep everyone happy, including herself.** **"**

"



To Aminah, Coach Luca is so much more than an authority figure within school. She says,

" Luca is loving, nurturing, and she inspires me. She has helped me so much. She's different to a teacher – **some people see Luca as a sports coach, but she is definitely a mentor figure for many of us.** **"**

"

Together, Aminah and Coach Luca work together not only on her volleyball technique, but skills that will benefit her for the rest of her life.

Luca says, **"We're developing time management tools that suit her to ensure she has enough time to revise for her GCSEs and play volleyball, and we have worked a lot on her CV which she is now handing in to potential summer work employers and for work experience opportunities."**



Names have been changed to preserve the anonymity of our participants. Photos do not relate to the case studies.

OUR EVENTS AND PARTNERS - WHAT WE DID

Our values are Passion, Commitment, Teamwork. This is evident throughout those who deliver our programmes, but our supporters embody this too. We are truly grateful for the numerous ways they apply this in partnering with us, like event participation, corporate partnerships and volunteering. It is a vital relationship, as together we 'Invest in our Champions'.



People's Postcode Lottery

Players of People's Postcode Lottery have raised £486 million to date for good causes across the United Kingdom and we are incredibly lucky to be a beneficiary of their support. Thanks to players, over the last four years Greenhouse Sports has received support of £1.7 million, which is enabling us to work with more than 7,000 young people each year, helping them to develop valuable life skills because they are able to access our programmes consistently and work with our inspirational coaches.

Prudential plc

Long-standing partner of Greenhouse Sports, Prudential plc are the primary sponsors of our basketball programmes, which help over 1,500 young people each year access high quality coaching before, during and after school, as well as through holiday camps and weekend competitions. Aligned to their sponsorship of the Prudential RideLondonSurrey100 for the fourth year in a row, Prudential also provided the fantastic opportunity for Greenhouse Sports participants to take part in their signature PruGOals programme, where they cycled in the iconic Prudential RideLondon 46-mile ride. Prudential support has been a mainstay of Greenhouse Sports for many years, a truly valuable partnership that was recognised this year when shortlisted for a Charity Times Award.



TT10

The Greenhouse Centre provides new opportunities to give our supporters a Greenhouse experience and raise funds at the same time. This year we launched a corporate team table tennis league – TT10 – a new, fast-paced, round-robin event which sees teams of up to 10 players compete in a version of speed table tennis. Seven corporate teams signed up to our inaugural league, which created a huge buzz in the Centre on the event nights as proved equally competitive and social! It also provides a rewarding experience for our young table tennis participants, with opportunities to referee, coach and play. If you'd like to enquire on how to join the TT10 league also email: events@greenhousesports.org



Signature Dodgeball Event

Twenty-eight teams from the financial sector took part in our signature dodgeball tournament at Lord's Cricket Ground. Teams ducked, dipped and dodged their way through the competition with Marshall Wace emerging as the champions. A speech from a Greenhouse alumni and dinner and drinks capped off the evening, which raised £600,000 for our life-changing sport programmes.



The Big Give

We entered the Big Give Christmas Challenge for the second year running with backing from the Childhood Trust. This is a wonderful opportunity as it provides matched funding for all our supporters during the giving period at the start of the holiday season. The generosity of this scheme and the willingness of our supporters to get involved gave us a record amount this year. The funding achieved equated to providing two complete school programmes for the year.



Challenges for Greenhouse

The standout purple vest of #TeamGreenhouse was much in evidence in many fundraising challenge events through the year. It would be seen running Marathons (Brighton, London, Berlin among others), the Royal Parks Half Marathon and the Reebok Ragnar White Cliffs 170-mile team relay spectacular along the south coast; or cycling the Prudential RideLondonSurrey 100. A huge thank you to our 78 supporters who took on these events to personally raise valuable funds for the Greenhouse programmes. If you'd like to take part in a challenge event for #TeamGreenhouse and #InvestinOurChampions, email: events@greenhousesports.org



OUR VOLUNTEERS



Steve is a volunteer at the Greenhouse Centre in Marylebone who, for the past year, has been working with young people on strength and conditioning. When he isn't volunteering Steve works for a media company. He shared what motivates him to donate his time.



"I volunteer to feel like I am doing some good. It is important to me to pass on the knowledge that was given to me by sports coaches and teachers, and to feel like I'm making a difference to the next generation. I've had a keen interest in sports from a young age – I played football for over 20 years, ran a marathon, and love to hike, so volunteering for a sports charity was a perfect match for me.



I run strength and conditioning sessions for the young people and work with coaches to identify who has injuries that need assessing and managing, and who needs certain kinds of exercise such as core work. A crucial part of what I do is speaking to the children to make sure they understand what stretches are vital to their sports, age, and body types.

Volunteering helps me to put myself in different situations and listen to others. Very quickly, I learnt that no matter what is going on at home or in other parts of their lives, the young people use their time at Greenhouse to improve themselves, learn, and spend time with friends. They give 100% to every session - my role is to motivate and mentor. Sometimes, all they need is someone to encourage them and tell them they are good enough to play and win tournaments."

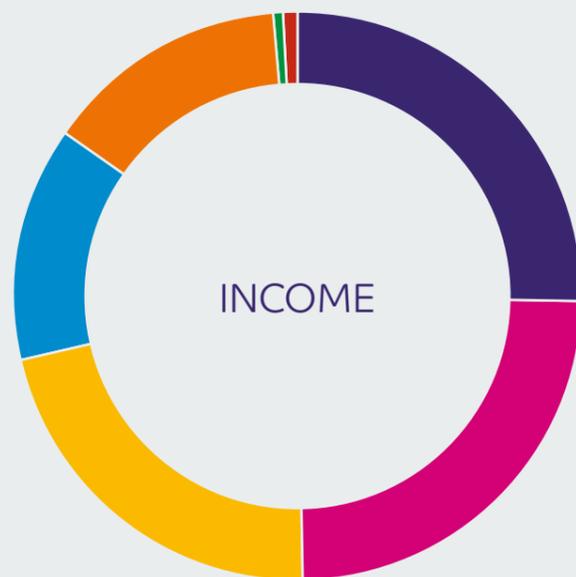
“Volunteering helps me focus on something away from the nine to five grind, and challenges me to improve myself and the lives of others.”



FINANCES: INCOME

In 2018-19, Greenhouse Sports' income totalled just over £4 million from a wide range of sources including individual donors, corporates, charitable trusts and foundations, together with contributions from our host schools.

We held a special fundraising event in the year and also received other donations towards the refurbishment, launch and long-term running costs of the Greenhouse Centre. These donations were one-off in nature and were used to help establish an investment fund to cover partially the annual running costs of the Centre. For the purposes of this chart, these donations are excluded.

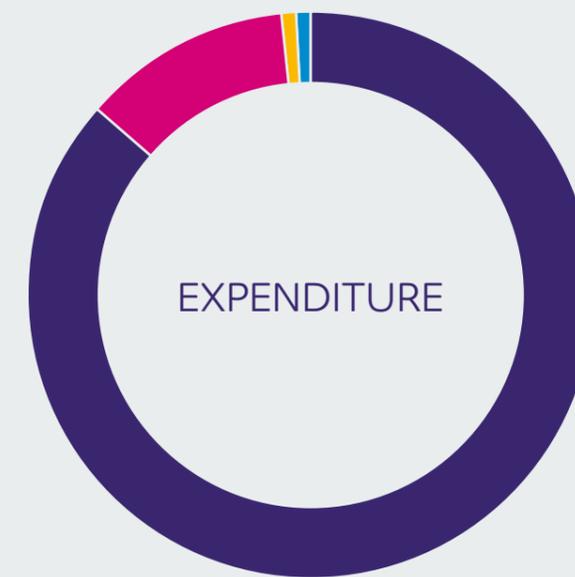


● Events.....	£1,082,000
● School Contributions	£1,041,000
● Charitable Trusts & Foundations.....	£915,000
● Corporate Donors.....	£657,000
● Individual Donors.....	£593,000
● National Government Bodies	£28,000
● Bank Interest.....	£27,000
TOTAL.....	£4,343,000

FINANCES: EXPENDITURE

87% of expenditure this year was focused on ensuring our programmes run effectively.

For the purposes of this chart, costs relating to the special fundraising event and the refurbishment of the Greenhouse Centre are not included.



● Programmes	£3,976,000
● Fundraising.....	£540,000
● Governance	£47,000
● Staff Training	£28,000
TOTAL.....	£4,591,000



JORDAN'S STORY

“My parents weren’t from London and I came from a very working-class background. I grew up on Old Kent Road and went to a school called City London Academy.

My school had the 2nd worst GCSE results in Southwark. So, it was an uphill battle to get noticed, to get better, and to get into a good university.

I joined the Greenhouse basketball programme when I was 13. I was 5ft3, very unathletic and I was in middle-set, if not bottom-set, in every class. My ambitions were low, my aspiration was to work in JD Sports, and I had already been excluded twice from school.

After the 2nd exclusion I got kicked off the basketball team for 3 months and I had to prove myself to get back on the team. My coach was a guy called Mike - and I hated him. He would send me out of training for making jokes, not giving the sessions my all and if I didn't do what he said. I didn't expect an adult to treat me that way and it was a shock.

Getting excluded from school was a catalyst for me and having to work my way back onto the programme meant I started to take basketball and school more seriously. Mike empowered me to start leading by example and I quickly saw the impact that had on my teammates.

I began to get good at basketball which was the first time in my life I was good at anything, and I became the best player in our school.

I didn't understand the connection at the time, but my grades shot through the roof. I was in top-set for everything by Year 11.

By the time I got to Year 12, I knew that I wasn't going to make it as a professional basketball player. But Mike gave me the tools to pursue higher education and I got into Leeds University, got an internship at Goldman Sachs and am now an associate at BlackRock at 25 years old.

What it meant to be a man, a team player, taking responsibility and being respectful. He was a friend, a coach, a brother, and a father figure. And I was so lucky to have that in my life. My life could have gone in a very different direction. What he did was more than what any teacher would do at school. He didn't need to teach me all those things. He gave me over and above his pay grade and gave me more time than I should have had. I am very grateful for that. Basketball changed my life.

The Greenhouse model works, everything they do for kids like me, it works. I'm Jordan Harwood and there are so many of me that are in these areas of London, that need a coach like Mike.”

“ What Mike taught me was more than basketball – he taught me the game of life. ”



THANK YOU

Every donation is hugely appreciated by Greenhouse Sports. We respect our donors right to anonymity, but the following have given permission to be recognised. We also extend our gratitude to all individual donors. Thank you for investing in young Londoners.

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We are also extremely grateful to the following Trustees for sharing their time, skills and resources with us.

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(appointed 12 December 2018)

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(appointed 12 December 2018)

Jill Sherman

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Alexandra Willis
(appointed 12 December 2018)

Along with other friends of the charity:

Frazer Blyth

If you've been inspired to support us with time, expertise or funds and help us change young lives through sport please contact:

info@greenhousesports.org

sarah.webster@greenhousesports.org

We would love to hear from you.



Greenhouse
Sports

Help us invest in young Londoners
Email: info@greenhousesports.org for more information

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