



## FULHAM REACH BOAT CLUB

EST. 2014



Our first term of the 2020/21 year started with the endless possibilities of getting back to normal life. British Rowing gave the rowing community the green light to return to crew boats and FRBC were ready to row full steam ahead. With schools back, we were able to start delivering sessions for both the FRBC junior membership and 3 of our schools. After months of tight control measures in place to save our charity, keep our projects alive and users engaged and connected, September and October saw FRBC operations get almost back to normal, save for the social distancing guidelines we were following on site.

This allowed us to continue our mission of “Rowing for All”:

- Give access to rowing to a cross-section of our community, especially those who are most in need because of financial hardship or social circumstance and help them realise their full potential both on and off the water
- Give every pupil in Hammersmith & Fulham schools the opportunity to learn to row and deliver the positive social impacts and educational attainment that participation in the sport can bring
- Help reduce the reoffending rate of serving prisoners
- Tackle Holiday Hunger during the summer break for those children most in need.

As we built momentum in our first term, November then brought Lockdown 2. All of our project work was once again halted. Fortunately, Lockdown 1 had built team resilience and resourcefulness and we immediately set out to re-establish our communication plans with our stakeholders and resumed our online rowing and mental wellbeing sessions across our projects. December started well with a return to the water for a few weeks before London succumbed to Tier 4 just before Christmas. Despite these incredibly testing times, we are delighted to have made quite an impact (see over).



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## How many took part – September-December 2020?

### Schools

- 3 schools attending
- 138 state school pupils on the water
- 158 coached sessions delivered
- 1,640 participant hours rowed



### Adults

- 60 adults on the water
- 86 coached sessions delivered
- 1,032 participant hours rowed

### Juniors

- 107 juniors on the water
- 178 coached sessions delivered
- 2,136 participant hours rowed

### Overall

- 331 people on the water
- 422 coached sessions delivered
- 4,808 participant hours rowed
- 0 cases of Covid-19 on site



## Our Rowers Feedback

Out of 86 Junior Survey Responses:

Before Learning to row I would have considered myself: *(Activities include team sports, active play, walking to school, running, athletics, gymnastics, dance, cycling etc)*

	Before learning to row	After learning to row
<b>Less Active</b> (av.30 mins or less /day)	25%	1%
<b>Fairly Active</b> (av. 30-59 mins activity /day)	52%	22%
<b>Active</b> (av. 60+ mins activity /day)	23%	78%

- 100% of students enjoyed being on the river and learning to row
- 100% of students said that through the FRBC rowing programme they have learned to work as part of a team
- 87% of students said rowing has helped teach them how to focus more than they used to
- 100% of students said that after doing a learn to row course they felt more confident on the river
- 94% of students said they'd love to compete more and win more rowing races
- 97% of students would like to continue with rowing once their course is finished



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Some direct comments from our students included:

- *Rowing has taught me how to make friendships and work in a team.*
- *I have really enjoyed rowing, it has definitely improved my mental state and physical state.*
- *I'm anxious about upcoming GCSEs but love being able to row aside.*
- *Rowing has helped me to work harder on my school work.*
- *I love rowing. I have met loads of new friends and learnt so much!*
- *I really enjoy being on the river and training and it helps me to focus on school work and clear my head!*
- *Rowing forces you to be in the moment and forget about anything worrying you*

### Boats Not Bars Prisons Project

Sessions at Feltham resumed in October, with a group of 18-21 year olds completing their 8 week course before Christmas. As well as improving their erg scores, survey results pre and post course showed improvements in "life satisfaction" and "life being worthwhile". A second course had begun, when Tier 4 restrictions halted play just before Christmas.

#### BnB on the water

During the summer, two participants of BnB from the Brixton program were released, and made contact to continue their rowing journey onto the water. Both individuals are now FRBC members and not only do they attend regular sessions as participants (when Covid restrictions allow), one delivers online sessions for the adult group.

#### BnB further afield

Interest in the BnB program beyond those prisons in which we formally deliver continues to grow. One particular site where this is the case is HMP Stocken, who now run regular rowing sessions, enter scores into the online National Custodial Indoor Rowing League, and even had a number of inmates take part in the British Rowing Indoor Championships at the start of December. This is a wonderful example of the program creating positive links from behind bars, to the positive network that rowing provides in the community.

### FRBC Awards



After a very difficult year, we were thrilled and very honoured to win the following two prizes from British Rowing at the end of December:

- Club of the Year 2020
- Project of the Year 2020 – for our Boats Not Bars prisons project

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### **Bringing the UK Rowing Community Together**

During this time we reset up the Strava Boat Club. FRBC set this online club up in the first National Lockdown for all Rowing clubs in the UK to stay connected. It also allowed us to stay relevant and front of mind. The Strava Boat Club saw 34 boat clubs and some 2,500 athletes interact with us every week when logging their exercise off the water.

### **What have we learnt through the Covid-19 pandemic?**

We have learnt that FRBC is so much more than a place to learn to row. Our community lies at the heart of everything we do and most of our users and members have stayed with us and we have become stronger together. We have created a place to belong. The rowing community at FRBC has built resilience through the power of sport and now relies on us to hold ourselves steady to see them through Lockdown 3 and post Covid-19.

Some feedback from our students illustrates how rowing and being part of a community can impact their lives from one day to the next:

- Overall how satisfied are you with your life nowadays = 7.3/10
- Overall to what extent do you feel that the things you do in your life are worthwhile = 7.5/10
- Overall how happy did you feel yesterday = 6.9/10
- Overall how anxious did you feel yesterday = 4/10

National lockdowns and Covid-19 show us the importance of physical activity and underlines how this is linked to mental well being, especially for our young people. We are constantly working to ensure that our FRBC community remains connected now that it's needed more than ever.

We are extremely grateful to all the students, teachers, governors, parents, members, donors, trustees, coaches, friends, family and everyone else that has helped us over the last 3 months. As we move into Lockdown 3 we will continue to rebuild our Charity, build and strengthen our community and provide "Rowing for All".

