



FULHAM REACH BOAT CLUB

EST. 2014

## Update and Impact Report Term 1 - September 2021-December 2021



*“Exhilarating, relaxing, sublime, exciting, interesting, amazing, cool”*  
- words to describe being on the river – state school rowing participants

The arrival of September filled our boathouse with energy and noise. A new term, a new school year saw our participating state schools return to the water in a way that looked more like our delivery pre-covid, at last. It’s been a lovely feeling at FRBC to see the school sessions getting back to full speed and to have a noisy energetic boat club again. We are so grateful for all our ongoing support which enables our charity to continually provide “Rowing for All” across local state secondary schools, growing rowing participation, whilst also developing confidence, focus and teamwork and supporting mental, physical and social health.

Fulham Reach Boat Club (FRBC) has a unique vision to improve lives through rowing by providing “Rowing for All.” We aim to 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. Specifically, we give every pupil in our participating state schools the opportunity to learn to row, we tackle “food insecurity” over the long summer holiday for those in receipt of free school meals, help reduce the reoffending rate of serving prisoners and give the local community access to the river. FRBC goes above and beyond to level the playing field and make rowing accessible, particularly to those most in need.

### How many took part?

6 local state schools attended  
172 state school sessions delivered  
363 state school students on the water

3 independent schools attended  
39 independent school sessions delivered  
70 independent school students on the water

198 junior member sessions delivered  
128 juniors have attended

Fulham Reach Boat Club, Unit A, Distillery Wharf, Chancellors Road, Fulham, London W6 9GX

Company Number: 8900584 Registered Charity Number: 1161813

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We delivered over 409 hours of activity in 12 weeks to 561 juniors!

We are really proud to report too, that at a school age where girls traditionally drop out of sport and disengage from physical activity, 69% of our participants were female and 31% were male.

Our state school participants told us that (140 responses):

- 93% enjoyed being on the river and learning to row
- 90% learned to work as part of a team
- 74% learnt to focus more
- 91% felt more confident on the river
- 68% would like to compete
- 67% would like to keep rowing
- There was a 6% drop in young people who were active for less than 30 mins a day
- There was a 15% rise in young people who were active for more than 60 mins a day

Before Learning to row I would have considered myself:

	Before learning to row	After learning to row
<b>Less Active</b> (av.30 mins or less /day)	18%	11%
<b>Fairly Active</b> (av. 30-59 mins activity /day)	47%	38%
<b>Active</b> (av. 60+ mins activity /day)	35%	51%

*“My daughter has been rowing with you this term as part of your partnership with Lady Margaret School. She has enjoyed her time rowing and has said her time on the water is “like bliss” even on cold mornings.”* State school rowing parent

**What one word would you use to describe being on the river?**



As we moved through the term from Autumn into Winter there were many other highlights:

- In October our CEO Steve O’Conner presented FRBC’s mission, purpose and reach at the first “Rocking the Boat” national grass-roots rowing conference.
- Our Chair of Trustees David Fitzherbert took on a 26-mile marathon row and our CEO took on a 100km run to raise funds for our junior bursary scheme, raising £7,723 between them.
- Olympic, World and European champion GB rower Moe Sbihi visited FRBC.

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- After months of disruption, the Hammersmith bridge ferry plan was officially cancelled providing future safety for all river users and ongoing business as usual for FRBC.
- We hosted Leander, the world's premier rowing club in November whilst they competed at the Fours Head on the Tideway. Three of the crew, from the Olympic bronze medal winning Men's Eight in Tokyo, met with and showed their medals to our rowers from Kensington Aldridge Academy.
- We attended the official 2022 Boat Race kick off the "President's Challenge" with one of our junior squad members, who started at FRBC through her state school and is also a bursary scheme recipient, which is predominantly funded by The Boat Race.
- We were thrilled to be shortlisted for Club of the Year and Project of the Year at the British Rowing Awards. As reigning winners of both of these awards we hope we will be fortunate enough to win again when the awards are announced in January 2022.
- Our CEO gave a talk and shared expertise, knowledge, and his passion for grassroots rowing at the Warrington Youth Rowing annual dinner.



### Thank you!

None of what we do is possible without the great support of so many and we are extremely grateful to all the students, teachers, governors, parents, trusts and foundations, members, donors, trustees, coaches, volunteers, friends, family, and everyone else that has helped us over the last 3 months. Your support enables us to continue to reach more young people, build, and strengthen our community and continue to provide "Rowing for All".



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