



# Impact Report

## September 2021 - August 2022

"Whilst on the course, I had something to believe in which pushed me"

"I would like to continue rowing, it has given me a good focus"



**BRITISH ROWING**

British Rowing Awards Club of the Year 2020 & 2021  
British Rowing Awards Project of the Year 2020

"It took me a while to get the hang of but now that I have, I love it. I think my biggest struggle was to keep showing up when I found it tough, but it has taught me to persevere through other challenges in life"

### STATE SCHOOL ROWING

9 schools took part  
925 pupil participants  
59% female

52% diverse ethnic communities  
An 'Inclusive Project of the Year' Award

**93% loved being on the river and learning to row!**

### BOATS NOT BARS

70 sessions delivered  
90 participants  
3 prisons  
1 new podcast

A London Sport Award nominee

### JUNIOR COMMUNITY COURSES

323 Engagements over 4 school holiday weeks  
80% diverse ethnic communities  
66% female

8 schools took part  
100% on free school meals

### JUNIOR MEMBER BURSARY SCHEME

31 bursary places granted  
65% attending on a regular basis  
1 member won 'Young Ambassador of the Year' at the Hammersmith & Fulham Sports Awards 2022

# STATE SCHOOL ROWING

**FRBC is a charity and community boat club with a unique vision to improve lives through rowing by providing 'Rowing for All'.**

Our 'State School Rowing project' (SSR) gives every young person at our participating state secondary schools in Hammersmith and Fulham and Kensington and Chelsea, from year 9 upwards, an equal opportunity to try a new sport. **Most young people don't get the opportunity to go rowing**, as demonstrated by **83% of school clubs registered with British Rowing are fee-paying schools**. 93% of children in the UK attend a non fee-paying school. Through rowing we teach teamwork, focus, confidence and communication, life skills that are not easily taught in the classroom and great life attributes that rowing is a great teacher of. Sessions begin as curricular to enable us to see all students between the ages of 13-18. Our project specifically supports young people and communities that have traditionally been left behind in sport, removing barriers to participation and inspiring those who have dropped out of sport. It aims to improve local young people's physical, social and mental health and support future life aspirations. Our SSR project means that those from the most marginalised communities have a better chance of success in life through sport.



Kensington Aldridge Academy

**8%** drop in children classifying themselves as 'Less Active'

**14%** rise in children classifying themselves as 'Active'

This was the first full season of rowing for our schools since the lockdowns ended. As we restarted the sessions, we wanted to ensure that we could focus on delivering quality sessions and not over-stretching ourselves with too many sessions on site at the same time. This has led to a slight reduction in the total number of schools at FRBC pre-pandemic (14 down to 9) but a rise in quality for every session delivered.

We have also seen some clear benefits to the young people who are taking part in the sessions both on and off the water with 93% of young school rowers saying they loved being on the river. Our focus will now try to incorporate racing into the schedule for more of our schools, creating those champions of rowing within each school that are so vital to ensure every school's success.

**93%**

enjoyed being on the river and learning to row

**88%**

learnt to work as part of a team

**57%**

learnt to focus more

**88%**

felt more confident on the river

**60%**

would like to compete & win races

**76%**

would like to continue rowing

"Rowing was the most fun experience I had doing exercise"

"When I started rowing I thought it would be dull but it is actually really fun"

# BOATS NOT BARS

## Our Boats not Bars programme aims to improve the mental health of people in prisons and reduce the re-offending rate after release

The last twelve months has seen prison rowing sessions ebb and flow, with prison restrictions evolving throughout. The changes to prison rules have meant that the delivery has been heavily disrupted, adapted, and is still in the process of being modified to suit each institution. That being so, the Boats not Bars program is adaptable, and given its early stages is flexing well to the requirements.

For most of the last 12 months, all but one of the prisons we have been working with closed their doors to external programs. Only since the Spring, have sites more broadly started to relax, and the majority are still setting their new regime in place before allowing in programs such as Boats not Bars. This has clearly had a massive impact on participation numbers.



**70** sessions delivered

**90** participants

**3**

prisons

HMYOI Feltham  
HMP Wandsworth  
HMP Highpoint

How has the rowing course helped you?

Helping the people around me to do better.

Helps me interact with others

HMYOI Feltham participants

**HMYOI Feltham** - March 2022, the first NHS/FRBC Wellbeing project began. The intervention targets those individuals who are working with the psychology team, with matters of severe mental ill health. Course 1; completion rate 80%, attendance rate 87.5%. Course 2; the enrolment procedure was changed and completion rate was 100%, attendance 91%. Course 3; current attendance and completion both 100%

In August a BnB programme ran alongside the Feltham Life Skills Course, a 4 week life skills course, giving participants the chance to build a habit of exercise. A new programme, Bikes not Bars is in the planning stages, which will see inmates race members of the public via the Zwift platform.

**HMP Wandsworth** - April 2022, predominantly a remand prison, 80% awaiting trial or sentencing. Course 1; completion 29% (10 participants were moved mid course), attendance 97%. Course 2; completion 83%, attendance 100%. 14.8% improvement in outlook from the start to the end of the course.

**HMP Highpoint** - an early adopter of BnB with great interest in ROTL opportunities. Completion rate 75%, attendance rate 100%. Self-reported improvements; motivation to get up in the morning, ability to stay focused on projects over the long term, higher levels of activity during the course.

"I've been here two years, and this is the only worthwhile thing that I've done. Otherwise, I get up, I have a shower, sit in my cell, wander around the wing. I know way more criminals now than I did before I came here"

HMP Wandsworth participant

**LONDON  
SPORT**

Warren King's incredible story was recognised at The London Sports Awards 2021, when he was shortlisted for Volunteer of the Year. Warren was introduced to Boats not Bars whilst at HMP Brixton. Warren has since hosted webinars on "Reflecting and learning from criminal behaviour", given inspirational talks at FRBC and schools and is now studying Sociology at the London School of Economics.

# JUNIOR COMMUNITY COURSES

## Our free holiday provision gives local young people somewhere to be, with something to do and food to eat over the long school holidays

Our holiday courses started in 2019 and support young local people who are eligible for free school meals during term time and who may suffer food insecurity, summer learning loss and be at risk of crime during the long school holidays. These week-long courses provide active fun, enriching activities, as well as nutritious food for students from low-income families. They allow young people from a range of backgrounds to find common ground through sport as well as connecting young Londoners to the River Thames.

JCC capacity grew this year from 60 participants to 100 to include the Easter holidays. Participants are between the ages of 13-18, have little or no rowing experience, live predominantly in the borough of Hammersmith and Fulham and are asked to commit to attend a whole week. Activities include rowing, kayaking and boxing plus 3 meals a day and enrichment talks including; Nutrition and sport for health by a GB sprinter, How to stay safe on the water by the RNLI, First Aid by St John's Ambulance, Careers on the River by Cory and Crime awareness and prevention by Key4Life.



Challenges this year included; no-shows on the first day of each week, finding delivery solutions for our young people who were observing Ramadan at Easter, a train/tube strike, raw sewage in the Thames and a heatwave. Highlights included seeing the confidence and competencies participants gained over a week, **35% returning** after attending a week, participants and their parent's feedback and **10 junior member bursaries** granted.

"I am really grateful for giving my two sons this opportunity to be in this camp which would otherwise wouldn't been able to afford it. My boys enjoyed this camp a lot. As a mother I was so happy everyday that my children will go somewhere that makes them be far from involving with wrong people and also giving them break from their phones and games also to be safe with your wonderful and friendly staff and coaches. Thank you so much"

Parent - August 2022

## 4 weeks

of free safe and active holiday courses with 3 meals a day

## 323 engagements

I really enjoyed ~~last~~<sup>this</sup> week. It was really good. All the Coaches were friendly and supportive. The rowing, kayaking and boxing was just so fun. Best week of my life. ~~Thanks~~ ~~to~~ ~~you~~ And the talks were really helpful. Thanks 😊



# JUNIOR MEMBER BURSARY SCHEME

**Our junior member bursaries enable young people who want to row more and do not have the financial means to continue to row**

Launched in 2020 and inspired by Schuyler Audley-Williams from White City, who learnt to row at FRBC and received a full academic scholarship to Eton ([full story here](#)). 76% of our state school participants tell us that they want to continue to row. Approx 25% of state school rowers will be able to continue to row through their school and for those who want to row more, but don't have the financial means, and are not given a school place, we offer a junior member bursary and free holiday courses.

As a participation over performance club, young people's enjoyment of rowing is paramount. Junior bursary members often join our development groups to begin with, which are open to all abilities and build on individuals' strengths. A massive by-product of this group is; greater responsibility, self-motivation, commitment, communication, teamworking, confidence and community, which often brings about success in rowing and many other areas of their lives.



"Rowing to me is like a gateway to peace. My safe place from all my worries and stress. I am able to switch off from the outside world, be present with nature, and appreciate my surroundings. I always look forward to rowing with FRBC. Thanks to the amazing coaches, progressively, I have been conquering my social fears and polishing my technique to the fullest whilst zipping through the Thames. Not only that but developing cheerful bonds with my fellow crewmates which improves my teamwork skills and boosts my self-esteem. Despite some near-impossible sessions, my mindset has been getting stronger especially after being given the chance to race in a single for the first time. It was a surreal and humbling experience to say the least. The reason I started rowing is simply due to the joy it has given me from the very first learn to row session. If I had the opportunity to continue in the future, I definitely would! I am very grateful for Fulham Reach's wonderful works. Thank you for supporting me to Fulham reach for the stars"

*- J15 junior bursary member*

**h&f** hammersmith & fulham **2022 Young Ambassador of the Year Award**

**31**

**junior member bursaries granted**

**9**

**competed at Head & Regatta races**

**6**

**completed a week of work experience at FRBC**

**8**

**volunteered at JCC courses**

**1**

**became 'Rowing Captain' and overall 'Sports Personality of the Year' at her school KAA**





# Thank you!

"It has been tremendous to have life at FRBC back to top speed and advancing towards our vision of 'Rowing for All' with our first full year on the water, post-covid. **Helping over 1,000 children gain the physical and mental benefits that come from being on the water** has been a joy to see and testament to the hard work of our incredible team. None of this is possible without the ongoing support of our donors and supporters and so thank you from me and everyone involved in FRBC for continuing to be a part of the journey." *Steve O'Connor, CEO*

"This is an amazing opportunity to stretch my rowing skills and meet new people. FRBC has offered me coaching in a sport that would not have been accessible to me otherwise. I love rowing and thank FRBC for the opportunities it has given me" - J17 bursary member

"Rowing for our students this year has had a great effect. It allows me to engage with students who can otherwise be disengaged in the classroom and build positive relationships with them. My favourite part of this year was when a year 10 student came up to tell me that he had brought his family down to the river one weekend to show them it. His family moved to London a few years ago and live nearby in Hammersmith, but had never walked down to see the river nor knew how close and beautiful it was. He was really happy that he was able to teach his family about the river and share this with them"  
Teacher, Chelsea Academy

"I became more enthusiastic about the rowing course as it went on, because it meant I had something to get up for"  
HMP Wandsworth participant

I loved my time here and I looked forward to coming here every morning. Everyone here was so lovely & kind and the activities were useful, engaging and interesting. This really made my summer holiday a lot more fun.

