

# Bethnal Green Weightlifting Club

Project Name: Bethnal Green Weightlifting Club

Grant Amount: £56,880.00

**Project Theme:**

Theme 3 - Prevention  
Health and Wellbeing

**Type of Organisation:**

Unregistered  
Organisation

**Area Based:**

Weavers

**No. of paid Staff:**

0

**No. of Volunteers:**

**Area of Benefit:**

Boroughwide

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## Organisation's Aims & Objectives

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To advance amateur sport for the public benefit in particular but not exclusively by providing facilities and coaching for strength sports.

To relieve those in need by reason of Old Age by providing facilities and instruction in movement and strength retention.

To relieve those in need by reason of ill health by providing facilities and instruction in movement and strength rehabilitation.

To promote health by providing practical instruction to the health community in strength development practices.

To promote the physical education and development of young people by providing facilities and instruction in strength training.

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## Project Details

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Strength training classes for all. We offer Open Session training in Weightlifting and Powerlifting and special classes for the over 55s, 14-18 Year Olds and Female Beginners.

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## Outcomes

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1. Improved Health and Wellbeing

100% of regular participants who are new to strength training will report increased overall physical activity levels by the end of year 1, 2 and 3.

2. Improved Social Cohesion

Training in Open Session is a co-operative exercise which builds engagement between individuals regardless of background. Open Session training is a cross-generational activity. 80% of regular participants in Open Session training will report increased contact with, and confidence in engaging with, adults from other backgrounds by the end of year 1, 2 and 3.

3. Reduced Loneliness and Social Isolation

Our specialist classes will provide a pathway into regular training. 80% of the regular participants in specialist classes will report an increase in social connectedness in year 1, 2 and 3.

4. Skills Development

We will operate an ongoing development programme for our coaches, particularly those working with older people.

At least 2 of our volunteer coaches will have gained recognised coaching qualifications by the end of Year 1.

## Quarter Performance – July – September 2017

### Progress

Based on feedback from previous sessions, we are now rebuilding the women-only intro courses and plan to relaunch those in Q4. Open session continues strongly, albeit with a small impact from the holiday season. The additional coaching for beginners to Olympic Weightlifting has been a continuing success and we are considering how best to capitalise on it.

### Outputs

Output	Forecast	Actual
Number of users accessing services	41	239
Number of users accessing services for the first time	20	30
Number of residents referred to other organisations	0	0
Number of weekly Open Session Training	63	306
Number of service users participating in the Open Session Training	1,260	1,464
Number of weekly Strength and Movement for People Aged 55+ classes	24	26
Number of service users participating in the Strength and Movement for People Aged 55+ classes	240	113
Number of weekly Young Lifters classes	24	0
Number of service users participating in the Young Lifters classes	240	0
Number of weekly Women-Only Beginners Workshops	3	0
Number of service users participating in the Women-Only Beginners Workshops	36	0
Number of Client Retention	10	209

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### Grant Officer's Comment

Period 7 and 8 monitoring reports have been submitted. A monitoring visit was undertaken on 14/11/17. There are actions which came out of that meeting which need to be met before releasing any payments.

In addition the under performance against several outputs will need to be looked at. A significant variation request may be required if certain targets will not be achieved.

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### Recommendation

That payment be paid to the Bethnal Green Weightlifting Club, Black Women's Health and Family Support, Age UK and Tower hamlets Community Transport whilst the review is concluded, subject to satisfactory performance.