

# Tower Hamlets Youth Sport Foundation

Project Name: Active Families

Grant Amount: £126,000.00

**Project Theme:**

Theme 3 - Prevention  
Health and Wellbeing

**Type of Organisation:**

Registered Charity

**Area Based:**

Poplar

**No. of paid Staff:**

**No. of Volunteers:**

**Area of Benefit:**

Boroughwide

---

## Organisation's Aims & Objectives

---

To provide assistance, support, services, coaching and facilities for recreation, sport or other leisure occupations primarily but not exclusively for the benefit of the community of London Borough of Tower Hamlets, the city of London and any other surrounding areas or such areas as from time to time may replace or partially replace the area currently contained within such in the interests of social welfare and to provide special facilities and services to persons who have a need of such by reason of their youth, age, infirmity or disablement, poverty or social and economic circumstances with the object of improving the conditions of life.

Advancing education, health, social cohesion and community safety through the promotion of physical development, primarily (but not exclusively) of children, young people and students.

---

## Project Details

---

A project aimed at improving understanding of health, increasing levels of physical activity, reducing obesity and improving knowledge of borough sporting opportunities amongst parents and families at schools focussed on by Tower Hamlets' National Child Measurement Programme.

---

## Outcomes

---

1. Improved health and wellbeing in children by reducing childhood obesity in Tower Hamlets
2. Improved health and wellbeing in adults, including older adults.
3. Increased knowledge about where to go for information and advice
4. Greater sense of community cohesion - Improved sense of community cohesion amongst participants
5. Greater sense of cohesion- Improved inter-generational cooperation & understanding amongst participants
6. Access - Improve access to a greater range of sports/activities amongst participants
7. Access - Enhanced offer of sport to people with disabilities

## Quarter Performance – July – September 2017

### Progress

The programme continued to run with sessions well attended during the summer period and start of new school year including dance, aerobic and zumba sessions that continue to be a success in getting women in the borough more active and increasing their levels of activity and promoting other women to take part in sessions . The programme continues to be well received by both participants and schools and will be looking to increase the number of schools within the next quarter due to more schools hearing and witnessing the continued success of the programme.

30 parents have been referred to other dance, aerobics and zumba sessions due to the popularity of these types of sessions.

Working closely with parent liaison officers has proven be be beneficial to the programme as we have been able to run both sessions in the mornings and in the evenings allowing the programme to be accessed by as many people as possible . The numbers within the programme continue to grow and targets continue to be met.

### Outputs

Output	Forecast	Actual
Number of users accessing services	260	392
Number of users accessing services for the first time	0	0
Number of residents referred to other organisations	30	30
Number of adults in families of focus schools participating in activity contributing to 3 X 30 mins of moderate exercise per week.	5	6
Number of children at focus schools recording a healthy weight	0	0

---

### Grant Officer's Comment

---

Period 7 and 8 monitoring return has been submitted. The project has met the quarterly targets.

Have not received the premises hire booking forms (outreach sites) for this project and awaiting monitoring visit date from organisation.

---

### Recommendation

---

That in acknowledgment that booking forms have been submitted for the Hub Club Programme and Stepping Stones Programme, payment be released subject to satisfactory performance. That payment continues to be suspended for the Active Families project until premises and performance related issues are resolved.