



Black Prince Trust – Community Update April 2019

Football Development

Powerleague and the Black Prince Trust welcome new Football Development Officer



The Black Prince Trust, in partnership with Powerleague is pleased to have appointed Jack Thompson as Football Development Officer.

Based from The Hub Jacks role will be to develop community-based football activity across Powerleague sites at Vauxhall (BPT Community Hub), Nine Elms and the wider Lambeth community. This is an exciting time for both Powerleague and BPT to have a dedicated officer to build new partnerships with the community and in turn offer more opportunities for our community to lead healthier and more physically active lives.

Jacks role will be to address key social issues though the power of football, including: -

- Health & Wellbeing
- Adult & Teenage mental health
- Schools Participation
- School Holiday Programmes
- Workforce Development
- Pan Disability Football
- Women's & Girls participation

For more information on the development plans for football here at BPT please contact Jack Thompson via email jack@blackprincetrust.org.uk

Fulham May Half Term Camps



Fulham FC Community Trust will be delivering FREE Kicks football sessions during the upcoming May Half Term. The sessions are open to all players and abilities between the ages of 11-18 years. The sessions will be taking place on

- Tuesday 28th May, 100pm-300pm
- Wednesday 29th May, 100pm-300pm



May Half-Term Kicks

Free football sessions, delivered by Fulham FC coaches
All abilities welcome, ages 11 to 18

Lavender Avenue Astro, Mitcham, CR4 3HL
Thursday 30 and Friday 31 May, 3.30pm to 5.30pm

Black Princes Trust Blue Astro, Vauxhall, SE11 6AA
Tuesday 28 and Wednesday 29 May, 1:00pm to 3:00pm

For more information please contact Jack Thompson via email jack@blackprincetrust.org.uk

Training and Development

Streetgames Apprenticeship Programme



During April BPT has been working with onsite partner Streetgames to upskill young people and the sports for development workforce. The partnership has seen BPT host the induction process for the new “London Community Sport & Health Activator Apprentices”. Over the past two weeks the apprentices have been attending interactive and classroom-based induction sessions using the facilities on offer at The Hub.

Streetgames and BPT Training Academy

In the lead up to the Easter holidays BPT partnered again with Streetgames to upskill the London sports workforce. Working with 26 young leaders and coaches the “Training Academy” offered Streetgames designed Activator courses



in boxing and basketball. On these courses the participants learnt the fundamental skills and coaching points needed to deliver fun games in both boxing and basketball.

The Training Academy also hosted a workshop on the “Impact sport has on Anti-Social Behaviour & Youth Crime”. This workshop highlighted how key the positive effect sport can play in addressing key issues. The workshop was attended by youth workers, coaches and volunteers and at the end of the workshop learners understood the:

- risk factors around young people engaging in ASB
- describe the 10 key principles of what good youth sport intervention would like in addressing ASB
- identify opportunities for projects to get involved in the world of youth justice

If you would like any more information on the Training Academy and Apprenticeship opportunities offered by Streetgames please contact James.Gregory@streetgames.org

Health & Wellbeing

Free Group Exercise Classes

Here at BPT we are always looking at the best ways to engage the community in new ways to become active. Consultation conducted with the local community highlighted a lack of “Free to User” physical activity sessions in the evening. To action these findings BPT has added an evening Pilates and a circuits class to our already existing “Free to User” activity sessions. Please see the below full timetable of “Free to user” group exercise classes on offer to our community.

Activity	Day of the week	Time	Age group
Aerobic Fitness	Monday	2.30-3.30pm	40+
Open Air Circuits	Monday	6.00-7.00pm	16+
Yoga	Tuesday	9.00-10.00am	16+ (starting 28 th May)
Chair Yoga	Tuesday	10.00-11.00am	16 + (starting 28 th May)
Musical Movement/Dance	Thursday	12.30-1.30pm	40 +
Pilates	Thursday	7.00-8.00pm	16+
Circuit Training	Friday	9.45am-10.45am	40+

Mental Health Awareness Month

BPT has always prided itself on the ability to empower and enrich service providers delivery to the community, and adult mental health-based services are no different. At The Hub we support statutory services delivery of physical activity sessions including yoga, boxing and football delivered. During 2018 BPT supported 158 sessions equalling 229 hours of physical activity which recorded 1784 attendances across the partners delivery.

Additionally; and order for service users to become physically active, BPT work with The Harbour to offer their clients and the wider community the opportunity to take part in personal goal setting workshops. The aim of the workshops is to support sustainable behaviour change.

Activity	Lead Contact & Email
Brixton Pumas Football	Raul Savioz, Raul.Savioz@slam.nhs.uk
Yoga	Jide Ashimi, Jide.Ashimi@slam.nhs.uk
Boxing	Adam Martin adam@fight4change.org.uk
Harbour Goal setting workshops	Junior Atkins JAtkins@lambeth.gov.uk
Gym Session	Jason Henley jason@blackprincetrust.org.uk

BPT Trim Trail

As the sun has started to come out over London in the past weeks it has been great to see our group exercise classes taking the opportunity to use the Trim Trail here at BPT. The Trim Trail is open during daylight hours and is free to use. For more information on the Trim Trail please email jason@blackprincetrust.org.uk



Basketball Development



Easter holidays have again been exceedingly busy in both the Regal and Jordan courts. Regal basketball provided in addition to its existing basketball provision and additional 59 hours of free basketball. Across the two weeks of the holidays 538 unique ballers took part in activity from across London.

For up to date information on the opportunities for young people and adults to engage in free basketball provision please follow @regalbasketball on Instagram

Basketball Workforce Development Opportunities

Regal Basketball is working in partnership with the London Basketball Association to upskill the next generation of Referees and Table Officials. Taking place in the Jordan and Regal Courts here at BPT we have been gifted free places on both courses. If you would like to book a free place, please email jason@blackprincetrust.org.uk



If you would like any more detailed information on the work that takes place here at BPT please contact Jason Henley, Community Manager via Jason@blackprincetrust.org.uk