

Black Prince Trust – Community Update September - October 2020



Message from BPT Community Development Officer Michael Mongi

Hello all, my name is Michael Mongi, and I am the new Community Development Officer at BPT. I am thrilled to be a part of such an amazing team, and I am excited for what we can achieve together moving forward. I have really enjoyed meeting so many of our partners and users in the last few weeks and for those of you who I have not met yet, I look forward to doing so soon.

Unfortunately, due to the current Covid19 restrictions, with us all being in a national lockdown it does mean that we are limited in our community provision however, during this period, it is crucial that we keep our spirits up and do what we can to bring about positive change within our community.

Community Activity

Regal Basketball Update

Thanks to BPT community basketball partner Nike, the 'Keep the Ball Bouncing' programme funded by Nike in April, continued to support community basketball over the Summer and into Autumn. Throughout September and October Regal Basketball delivered our open access basketball sessions. Due to the Covid19 guidance we created a 3v3 basketball scrimmage session for Ages 18+, which was a great success. Our ongoing thanks to Nike (and the NBA) for their strong support of community basketball at BPT.

During the half-term period there were basketball camps that were delivered by the Right Development Foundation (RDF), and the 'Ball4life' George Goldstone 3v3 clinic that also took place at the Regal.

Finally, the professional Basketball team the 'London Lions' (London's only pro Basketball Team) made use of the Regal to train and develop their skills for the new season which is underway.



If you would like any additional information on basketball provision delivered here at BPT please email Jason Henley, Basketball Lead jason@blackprincetrust.org.uk or follow Regal Basketball [@regalbasketball](https://www.instagram.com/regalbasketball) on all social media platforms.

Boxing update

Boxing has always been a cornerstone of community provision here at the Hub. During the months of September and October our boxing partners Fight 4 Change (F4C) and 3 Pillars worked hard in delivering community boxing sessions.

3 Pillars: 3 pillars have been delivering their free 'Community gym workout' sessions at the Hub. These sessions focus on Strength conditioning & Hiit workouts with the incorporation of boxing and its core principles layered within these sessions. This is an adult session (Ages:18+) which have been taking place on a Tuesday's 4pm-5pm and Thursdays 3:15pm-5pm.

Open Access Boxing F4C: We resumed our open access session which took place on Monday and Wednesday evenings. We devised the sessions to attract participants aged 16+ for one portion of the session and then a junior session aged for under 16s. The session delivery schedule is Mondays & Wednesdays 5pm to 7pm. Over September we delivered 9 sessions which totalled 18hrs of boxing engagement. Over October we delivered 8 sessions which totalled 16hrs of boxing engagement.

Rolling with the punches F4C: We have also resumed our mental health boxing sessions (Rolling with the punches) which is a one-hour boxing session dedicated to participants that suffer with mental health. All participants must be referred onto the session from a medical practice or registered mental health charity. Since we resumed this session in October, we have engaged 9 participants in total with 4 being the maximum number of participants we would allow to book per week, due to maintaining the quality of delivery and adhering to the Covid19 restrictions.

The session delivery schedule is Mondays 12:30pm to 1:30pm and Thursdays 2pm to 3pm. Over October we delivered 8 dedicated sessions which totalled 8hrs of boxing engagement.

Football Development Update

Street Soccer London (SSL): We've had a couple of great months in which BPT's key community football partner (SSL) delivered 4 sessions per week, averaging 30 participants per session. These sessions are aimed at under 18's and are delivered at both Vauxhall and Nine Elms Powerleague. Alongside this, SSL has delivered 5



school sessions at the Hub for local secondary school - Archbishop Tenison's. These sessions were part of the school's activities week, and focused on teamwork, communication, and resilience. We received amazing feedback and we are currently planning the next phase of engagement with the school.



Half-Term Activity - Tournaments: On Tuesday 27th October SSL hosted a tournament in partnership with FAST who are a London based youth project working with young people on the fringes of getting involved in gangs, crime, and anti-social behaviour. The vision is a community where young people grow up with a healthy sense of trust, resilience, and hope for the future. The tournament attracted 104 participants throughout the day – this demonstrates the fantastic impact SSL are already having on the local communities of North Lambeth and South Wandsworth.

On October 29th one of BPT and Powerleague's offsite partners Hillsong Church hosted a tournament at Vauxhall Powerleague. This tournament was for Hillsong's refugee projects throughout London. This is now going to become an established event with Hillsong church hosting a tournament every couple of months.

Sands United Wandsworth: Sands United FC is a unique way for dads and other bereaved family members to come together through a shared love and find a support network where they can feel at ease talking about their grief when they're ready. Sands United Wandsworth have started training out of Nine Elms Powerleague with the aim of starting a 7 aside team in the new year. We are exploring opportunities to support them with off peak rates and access to a new kit. The vision is for different regional Sands United teams to potentially link up with their local Powerleague to train and play in organized leagues.

PRIME Football: PRIME is on a mission to get over 35s playing football and getting to know their community. Prime football in partnership with Powerleague is going from strength to strength. The Vauxhall sessions are fully booked every week, and Prime were initially planning to expand and start sessions in Shoreditch at the end of October, however due to Covid19 restrictions the expansion will continue early 2021.

Fulham FC Community Foundation - Kicks Programme: The Fulham Kicks programme is part of a national programme that offers diversionary football provision to combat crime and anti-social behaviour within the community. The current provision takes place on Friday evenings from 6.30pm-8.00pm at BPT. This targeted programme is designed to engage with young people between 11-19 years of all abilities.

Brixton Pumas - Mental Health Football: Brixton Pumas FC is a team that trains and plays regular fixtures here at The Hub. The team is designed to work with adults who have been clinically referred from services working with adults with mental health.

Girls United FC: Working in partnership with BPT, Oval Learning cluster, and Brixton Learning Collaborative, Girls United are running weekly personal development workshops. The 'Play Like a Girl' events are themes around "creating a Space for Women in Football" to inspire women in London to work in football and have a lasting impact in their local community, both on and off the pitch.

BPT had 2 new football sessions planned to start the week of lockdown, **Walking football** in partnership with SSL for ages 50+, and **Top Bins after school football** session aimed at 8 – 11year olds to engage them in more fun exercise opportunities.

For more information please contact BPT/Powerleague Football Development Officer Jack Thompson via email jack@blackprincetrust.org.

Follow all things Football on: Twitter: @FootballBpt / Instagram: @blackprincetrust

Changing Gears Programme

We are delighted that the Changing Gears Programme (CGP) funded by our friends at the GLA and delivered by F4C on behalf of BPT, commenced in September after a delay due to Covid19 in the Spring/Summer. The CGP focusses on developing skills and techniques to build resilience and develop confidence in managing life-changes or transitions. Despite the challenges presented with the lockdown, we are confident in the progression and success of this programme and we are excited to see the fruits of all the hard work taking place on this programme. Thanks again to the GLA for supporting BPT in this important programme.

For more information on the programme please contact John White
John@fight4change.org.uk or Michael Mongi Michael@blackprincetrust.org.uk.

Brixton People's Kitchen Social Impact

BPT's onsite cafe operator Brixton People's Kitchen (BPK) support over 250 households a week by providing them with fresh fruit, vegetables, cupboard staples and toiletries at an extremely affordable price (just £5 per 15 items purchased). They also work alongside charities such as Age UK and Hestia (modern slavery response team) to provide as many free shops as possible to vulnerable people.



This half term a small team of staff and volunteers worked hard in sending out 175 packed lunches to children and young people across the borough. Alongside Issa at Florence Eshsamoli's office and The Mayor of London, packed lunches were sent to Oasis Play-space who were holding activities for children during the holidays.

BPK also personally handed out many packed lunches to families within the local community. This was called the 'BPK Packed Lunch Pick Up'. Alongside each meal, BPK gave out a health and wellbeing booklet to each child/young person which was designed by members of the BPK team.

BPT is a proud to host BPK at the Hub and financially support BPK in its amazing work.

BPT's position and what the new national lockdown means for the Hub:

- We will be closing the Sports Hall from 10pm on Wednesday 3rd November in line with the Government guidelines (the car park will also remain shut)
- A BPT member of staff will be working from the admin building Mon-Fri 10am – 4pm to keep a presence at the site, and to also ensure that partners and office tenants have access to the Hub and offices if needed

What we are doing:

- We endeavour to facilitate school bookings (discussions underway with Lambeth and schools)
- On site community activity will stop, however we will revert to the online remote delivery service. (see below)
- The Foundry gym have been forced to close, although they will continue to have a staff member on site delivering virtual classes to include community access

- Brixton Peoples Kitchen who operate the café on site will keep the community shop open and change their current offering to a takeaway service Mon-Fri 10am – 4pm
- Powerleague will be closing to private and community bookings during lockdown, however, will be maintaining a presence to support school bookings
- We are continuing to work closely with our partner (and landlord) Lambeth Council in various areas including:- sports and leisure; physical healthcare; mental health; schools and training & education etc - thanks to all at Lambeth Council in particular Cllr. Jon Davies, Cllr. (Leader) Jack Hopkins and Wayne Chandai (at the CEO's office) for their continued support of BPT during these challenging times.
- We are currently recruiting a new BPT Community Partnerships and Programmes Manager (CPPM) - generously funded by the City Bridge Trust - we hope this position will be in place by January and will focus on lots of important work including implementing the new CBT funded PASIO programme (Physical Activity and Social isolation Officer) which will commence in the spring; upgrading our M&E/impact at the Hub.

BPT Hub - Facility Upgrades.

- The upgrades to the Sports Hall (substantial changing room improvements, new flooring, a new basketball reception etc), all very kindly funded by long term BPT partner the London Marathon Charitable Trust, are almost complete despite some material shortages due to Covid19, and we look forward to the community benefiting from these improved facilities when we re-open the Sports Hall.
- We have started work on the community garden at the rear of the Regal Court - the area has been levelled and a base layer created for a new soft surface to be laid - hopefully later this year (big thanks to the Foundry and Ballymore Homes for arranging and funding this). We will then create a social area with a table tennis table and other outdoor activities for the community to enjoy - watch this space!
- After some teething problems with the new Regal Court (largely due to the old and poorly ventilated Sports Hall) our basketball partners Nike and the NBA are striving for the perfect community court and as much as such have agreed to some upgrade works over lockdown to make Regal Court the best court in London.

Remote Activity Directory Moving Forward.

During the first lockdown in March, BPT working closely with key strategic partner London Sport, supported local and national organisations to advertise the opportunities for all members of the community to remain engaged in positive physical and developmental remote activity. The opportunities included the Princes Trust “Get into Programme” which

offers personal development and industry specific job ready training and emotional support services for vulnerable members of the community.

Delivering on our pledge in supporting our community under the partnership model, we shifted most of our face to face delivery to remote delivery that was accessed via, Zoom, Skype, etc promoted through our social media streams. We promoted yoga, basketball, physical activity for the senior community and boxing.

As we head into another national lockdown BPT will reignite the delivery of the remote pre-bookable activities via zoom, Skype etc once again promoting the activities listed on the Remote Activity Delivery (RAD) timetable attached and also available on the website.

To keep up to date on all things BPT please visit www.theblackprincetrust.org.uk

Twitter: @blackprincehub/@regalbasketball

Instagram: @blackprincetrust/@regalbasketball

Please feel free to contact me Michael Mongi, Community Development Officer with any questions or ideas at michael@blackprincetrust.org.uk or 07984264494

For other direct communication please email our
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