

## Since The Lillywhite Foundation started supporting KEEN London...

### We launched CAP!

2019 saw the start of our coach apprenticeship programme (CAP), an exciting new opportunity especially created for our older athletes to become coaches themselves! CAP gives our young people at East London sessions an opportunity to still enjoy KEEN while gaining valuable skills for their future. We are currently still in the pilot stage and getting through multiple modules, but we have seen great progress in our apprentices including their first trip away as coaches (more below). They have enjoyed participating in the training sessions and wearing the KEEN London T shirts worn by all coaches. Over the weeks the apprentices have taken the opportunity to try different roles such as supporting the session leader (setting up activities, explaining games to athletes ) supporting the session co-ordinator (welcoming athletes, registering arrivals, ensuring refreshments are provided) and working directly with athletes to support them during sessions.

'I would like to say that it has increased Aron's social confidence enormously being a KEEN athlete then Coach and is encouraging him to mature into a young person with awareness of other's needs.' (Aron's Mum)

'It's good fun, I like to help the athletes and make sure everyone is joining in.'  
– Sasha (apprentice coach)



*'I like helping everyone'*  
Jade  
(apprentice coach)

### We offer twice as many sessions at our East London site

This January we launched a second session at our Petchey academy site allowing us to focus on age specific activities. By splitting the ages, we have not only created more space for new athletes to join but given our existing athletes the opportunity to shape their sessions to better suit their needs.



Twice as much parachute fun!

In the mornings our sessions can focus on primary level games and sports and the afternoons give the older athletes the space to play sports and games better suited to slightly older children. This new format has also enabled our apprentice coaches to take more responsibility with the younger children in the mornings which has really helped to build their confidence. We are working on growing the volunteer support for our afternoon session as we begin to increase the number of athletes attending and hope we can introduce a similar model for our other centres in the future.

## We ran our Easter residential

With your support we were able to take 18 children with disabilities and complex needs on a rare weekend away! Not only was this an amazing opportunity for our athletes to try so many new things it also provided families with valuable respite! Many of whom rarely, if ever, have a weekend to themselves, and were able to do so knowing their child was safely supported by the KEEN staff and volunteers.



Our athletes had an action-packed weekend, taking part in a range of activities including den building, climbing, sensory trail and a huge zip wire. Not exhausted enough from all that, they even managed a campfire in the evenings with some time spent celebrating all the new experiences, new friends and great new memories whilst having a good sing song!

***"My son's trip boosted his confidence and self-esteem to such an extent I hardly recognised him. What a wonderful adventure! I knew he was in safe hands. The staff and volunteers had clearly put their hearts and souls into ensuring the children had the best possible time. They encouraged the children to try new experiences in a safe and supportive environment. My son's confidence has remained high. Usually unable to tell me anything about what he has done during the day, he could not stop talking about how a girl in a wheelchair was lifted up into a swing, how all the boys talked to each other at night time about what they had done during the day and the wonderful food! "I love Keen, Mum" he says." Athlete parent***

Please find attached with this report some case studies and photos from our Easter trip which I hope you'll enjoy. The small staff team and volunteer coaches all reported incredible feedback, with so many 'firsts' for so many young people. For many it was their first time away from home, for others it was their first time pushing themselves to do something scary (zipwire), sensory walk (blindfolded and relying on trust).

We are incredibly grateful to **The Lillywhite Foundation** for helping to fund this work and provide support for our sessions to continue.