

core arts promoting positive mental health



Core Sport

Reporting on a health hat-trick

2015-2018



“London’s Sport Club of the Year 2018”
London Sport



CONTENTS

Mission Statement	4
About us	5
5 to thrive	6
Statistics	7
Outcomes	8
GP referrals.....	10
At the Core	12
Spreading Core across Europe	16
Hot off the press	18
Royal seal of approval	19
Awards.....	20
Partners	21
Core Sport: What next?	22



About us

Core Sport, launched in April 2015, offers a wide range of sport-specific sessions and exercise classes, along with a weight management programme and regular health checks, accessible via a GP referral. Our provisions are FREE for City & Hackney residents. All sessions are inclusive and adapted to the respective needs of members through individualised goal-setting and action plans tailored to make each membership a personal one.

Over the past three years, Core Sport members have reported numerous benefits, including:

- ★ Reduced visits to their GP and to other emergency services
- ★ Improved physical and mental health
- ★ Better focus and motivation in daily activities
- ★ Increased confidence and self-esteem
- ★ A natural energy boost with improved quality of sleep
- ★ A sense of achievement and greater self-worth
- ★ Reduced isolation and loneliness with a sense of inclusion within society
- ★ Key life skills (leadership, teamwork, work experience and decision making)

In addition to the 15+ weekly sports sessions on offer, members can attend short courses and one-off sporting events that take place across London. There are also opportunities to become progressing member volunteers at Core and outside partner organisations, as well as gaining National Governing Body (NVQ) qualifications, which has led to employment opportunities.

Mission Statement

Core Sport uses the power of physical activity to promote positive mental health and wellbeing by engaging those who identify with a mental health need.

Our activities serve as a preventative measure against relapse or as a coping mechanism to aid and enhance recovery. We create a supportive community, bringing together people from diverse backgrounds to assist them to overcome barriers, fulfill their potential, and make a full contribution to society. This helps to reduce prejudice and negative stereotyping, while increasing trust between people and within communities. Core Sport is a fully member-led project empowering members to be an integral part of the process of creating positive social change, and is part of the broader programme and ethos at the foundation of Core Arts.

LET'S GO

5 to thrive

Connect:
Core Sport creates a safe and supportive environment, enabling members to make life-long friendships and connections; creating a feeling that they belong to a community and generally feel close to other people. This brings a sense of identification, aiding recovery, and helping them integrate into society and fulfil their needs.

Be Active:
Core Sport boasts a six-day a week timetable, offering more than 15 different inclusive sport-specific activities and exercise classes, in addition to one-off sport-specific trips and opportunities to attend live sporting events.

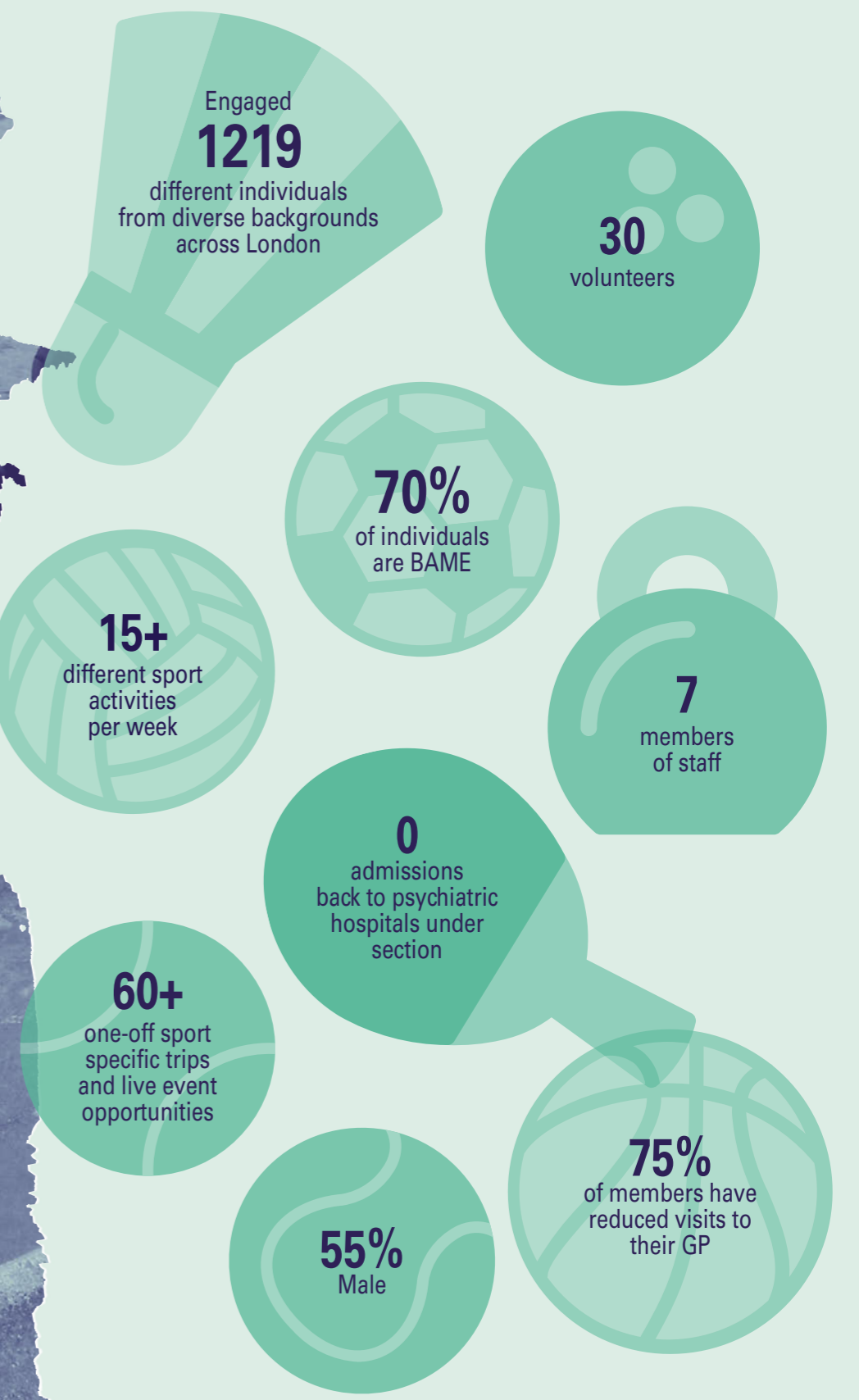
Take Notice:
Core Sport prides itself in bringing together a large group of diverse members; empowering people by respecting and appreciating what makes them different; taking notice of each other in terms of age, gender, ethnicity, religion, disability, sexual orientation and national origin; allowing exploration of these differences in a safe, positive and nurturing environment. Core Sport provides ample opportunity to reflect on personal experiences, stages of recovery and appreciate their impact.

Keep Learning:
Every person who attends Core Sport has an individualised support strategy, outlining goals and an action plan, supported by the Sports Manager and encouraged by a team of highly qualified coaches, instructors and volunteers. Core Sport also gives members the opportunity to personally develop and obtain numerous world recognised qualifications. Everyone is made to feel special and welcome, and classes can be adapted with ease to suit individual ability, level of fitness and desired outcomes, whether it be a first time attendance or a lifelong pastime.

Give:
Core offers ample opportunity to give back through volunteering schemes with Core and also via partnerships across London. This enables our members to gain valuable work experience and also the chance to be up-skilled and obtain recognised qualifications.



Statistics



Outcomes

1219

Unique individuals with mild to severe mental health needs have engaged in the sport programme since its launch in April 2015.



Of members have reported health benefits from attending the Core Sport programme, feeling improvements in their physical health and their mental wellbeing.



100%

75%

Of members have noticed that they visit their GP and use emergency services less frequently since joining Core Sport. They use physical activity as a coping method to aid their recovery and act as a preventative measure before their mental health takes a dramatic decline.



Members have taken out a gym membership or inclusive leisure card and use the facilities regularly.



1/4

30

Members have become volunteers for Core Sport and have been up-skilled and gained NGB and NVQ qualifications; of which 80% have volunteered with partner organisations within the community, as well as major sporting events such as the Wimbledon Lawn Tennis Championships, and the ATP Wheelchair Tennis Masters. Through this initiative, we have had members advance to part-time and full-time employment within the sports industry.



Of members regularly exercise outside of the Core Sport provision, following the sign-posting pathways we provide and building up a social network to enable them to meet up and organise in their free time.



70%

6/7

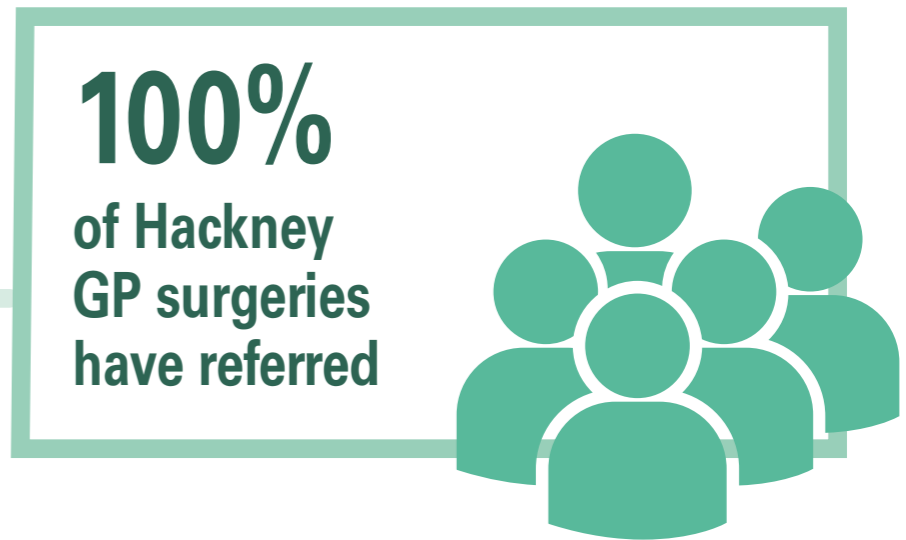
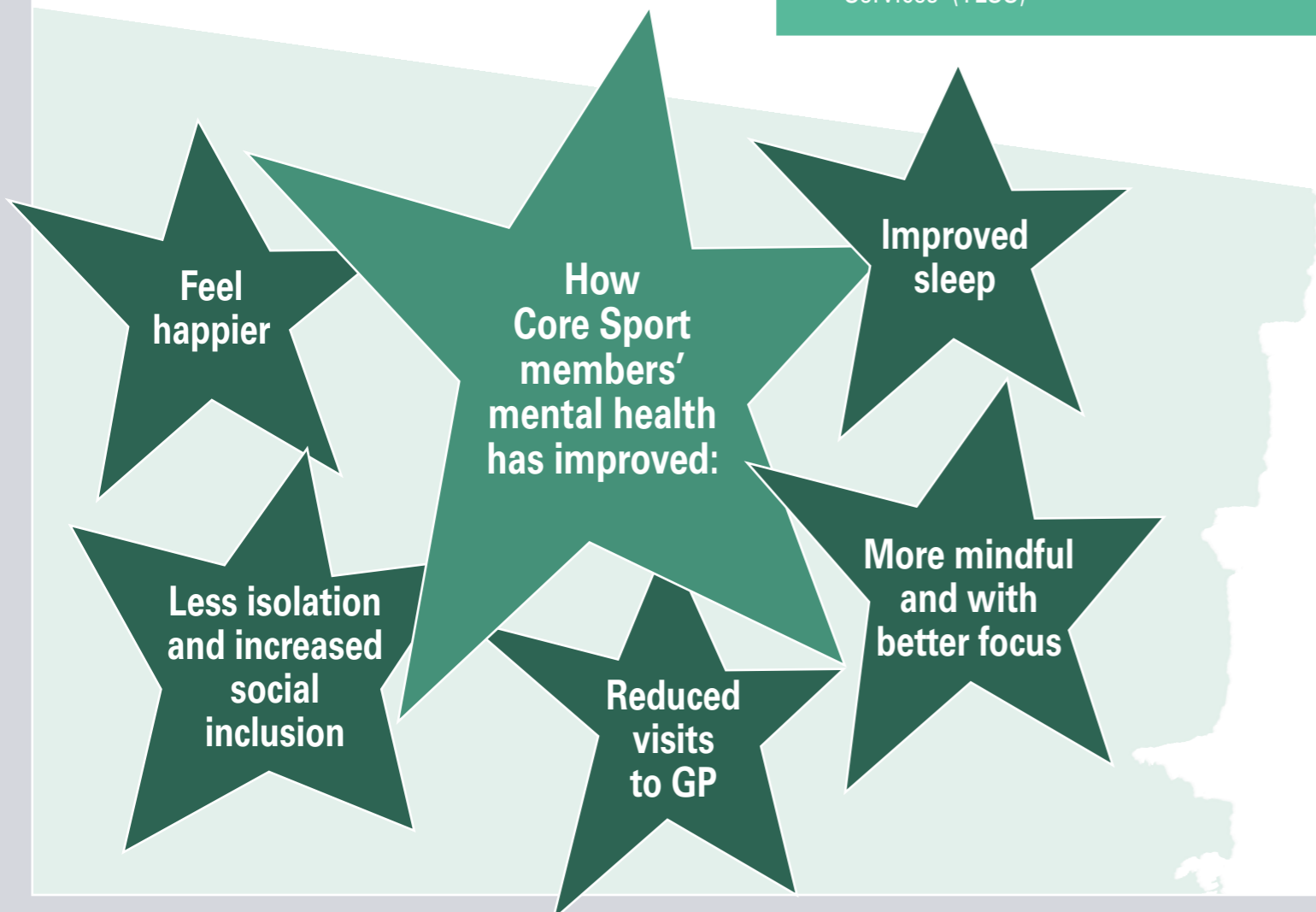
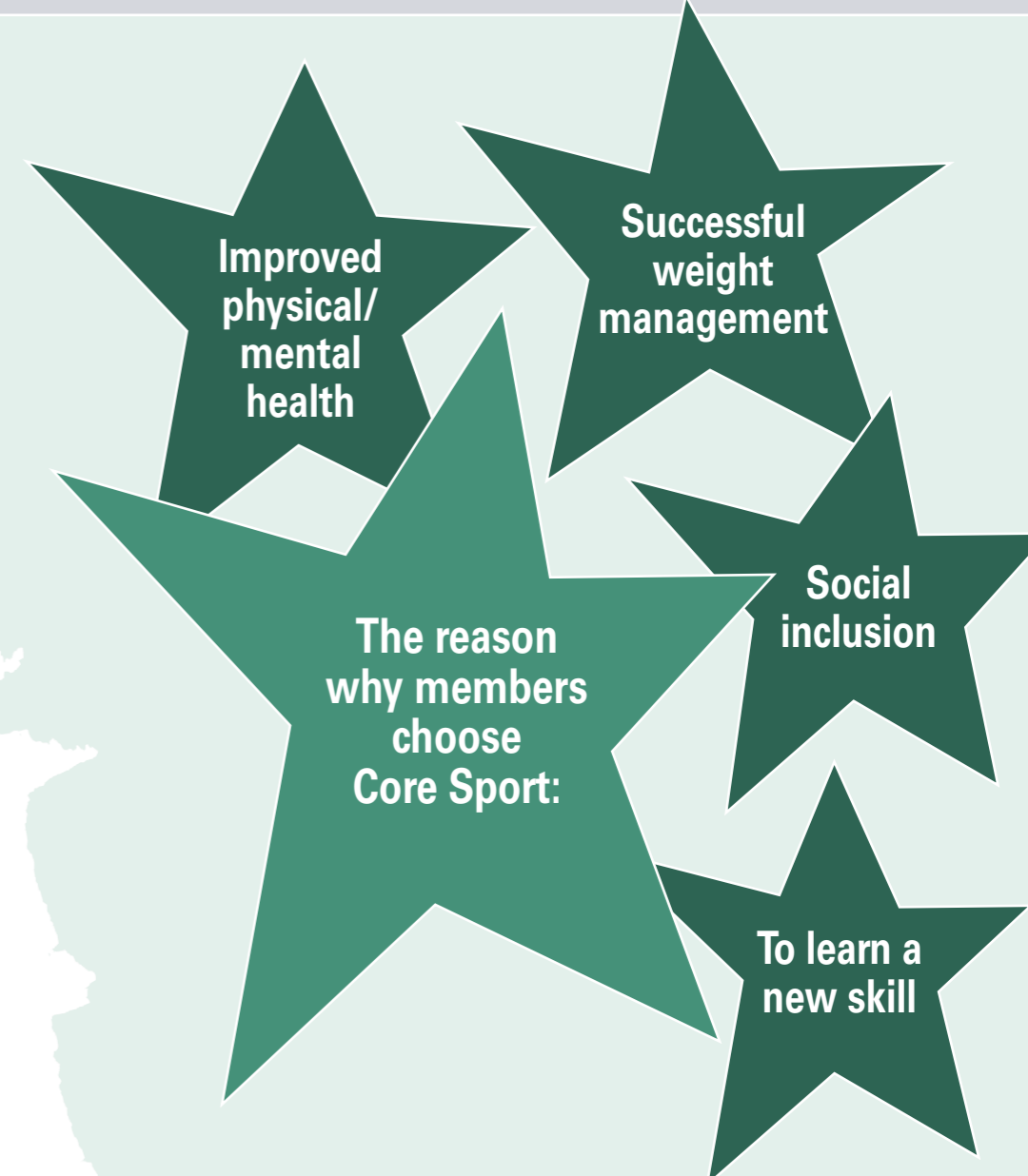
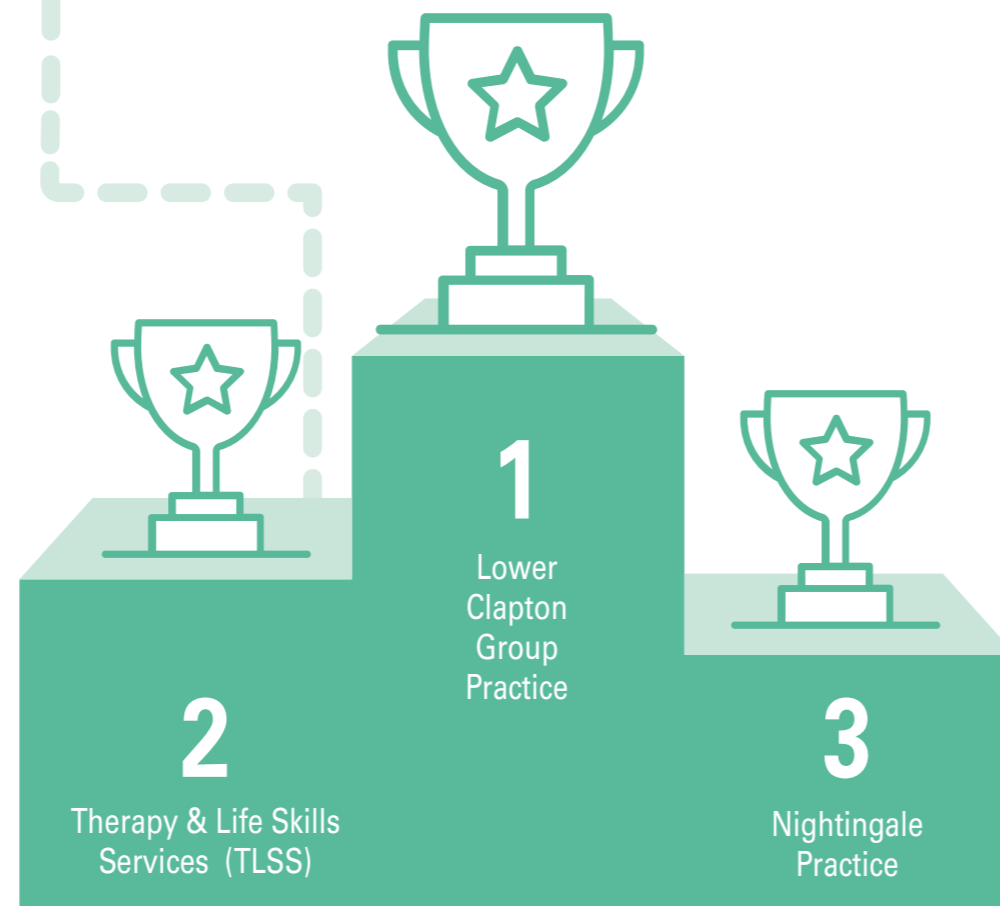
Members have reported that their improved mental health has been noticed by their friends, family and/or medical team.



GP referrals

The top referrers in Hackney:

- 1 Lower Clapton Group Practice
- 2 Therapy & Life Skills Services (TLSS)
- 3 Nightingale Practice
- 4 Social Prescribing
- 5 Well Street Surgery
- 6 Shoreditch Park Surgery



At the Core...

coresport programme	
THURSDAY	
1.30pm - 3.30pm (Meeting Place: Garden at 1.30pm)	Walking Group (Local Area)
2pm - 3.30pm (Meeting Place: Front of House at 1.20pm)	Tennis (Tennis & Hockey Centre, Olympic Park)
2.30pm - 6.30pm	Table Tennis & Badminton (Core Arts Hall)
4.30pm - 6.30pm	Club Core Daytime (Core Arts Hall)
FRIDAY	
10am - 11.30am (Meeting Place: Homerton High St entrance at 8.50am)	Table Tennis (Bounce Shoreditch)
1pm - 3pm (Meeting Place: Garden at 12.30pm)	Gym (6 week course) (Copper Box, Olympic Park)
SATURDAY	
12pm - 1pm	Yoga (Core Arts Hall)
1pm - 2pm	Boxing & Self-defence (Core Arts Hall)
2.30pm - 4.30pm	Table Tennis (Core Arts Hall)
Core Arts, 1 St Barnabas Terrace, London E9 6DJ Tel: 020 8533 3500 Programme excludes Bank Holidays. Please wear appropriate clothing. Please check website for more short courses: www.core-sport.co.uk charity no: 1043588	
FREE! with a GP Referral	

coresport programme	
MONDAY	
12.30pm - 1.30pm	Dance (Core Arts Hall)
1.30pm - 2.30pm	Core Health (Core Arts Pink Room)
2.30pm - 3.30pm	Circuit Training (Core Arts Hall)
3.30pm - 4.30pm	Stretch & Relaxation (Core Arts Hall)
TUESDAY	
2pm - 4pm (Meeting Place: Front of House at 1.15pm)	Gym & Swim (Aquatic Centre, Olympic Park)
WEDNESDAY	
11am - 1pm (Meeting Place: Front of House at 11am)	Basketball (Bannister House)
1.30pm - 3.30pm (Meeting Place: Garden at 1.30pm)	Cycling (Local Area)
Core Arts, 1 St Barnabas Terrace, London E9 6DJ Tel: 020 8533 3500 Programme excludes Bank Holidays. Please wear appropriate clothing. Please check website for more short courses: www.core-sport.co.uk charity no: 1043588	
FREE! with a GP Referral	

Core Sport Timetable

Core Sport

Trips

- ★ White Water Rafting
- ★ Velodrome Track Cycling
- ★ Ice Skating
- ★ BMXing
- ★ Bouldering
- ★ Mountain Biking
- ★ International Football Matches at Wembley
- ★ Football Golf
- ★ Bowling
- ★ Athletics World Championships
- ★ ATP Wheelchair Tennis Masters
- ★ Dance Performances
- ★ Arsenal Stadium Tour
- ★ The Wellbeing Games
- ★ Premier League games at The London Stadium

Case Study

Luann

Luann had always felt too vulnerable to exercise in front of others, so attending exercise classes or joining the gym had never been an option. Before joining Core Sport, Luann would often spend her time isolated at home, not wanting to leave her flat. By attending Core Arts and joining Core Sport, we have been able to gradually build up her confidence to attend several classes in addition to one-off sport trips.

Luann attributes physical activity to being the main factor in improving her mental health, playing a major role in her recovery both in her mental wellbeing and her physical health, after suffering with numerous joint and muscular ailments. Through Core Sport, Luann has been able to overcome fears and many obstacles to undertake challenges she never thought possible.

Luann is also a progressing member volunteer and volunteers her time at Core.

"Core Sport is amazing! When I am there I feel completely transformed and I am like a different person. I feel included, safe and I always have a smile on my face, which is the complete opposite to when I am on my own. I owe my recovery entirely to being part of the Core community and physical activity. I have faced many challenges through Core Sport and have done things I didn't think was possible for me to do, like cycling in the Velodrome at the Olympic Park. I had my doubters, including myself, but I definitely proved them all wrong. Without Core Sport, I wouldn't be the person I am today."

- Luann -

Luann

Case Study

Michael

Michael has been involved with Core Sport since 2016, attending several sports and one-off trips, taking the keenest interest in table tennis and dance. With the Sports Manager, Michael has outlined a Sport Action Plan and highlighted several goals he has achieved and some that are ongoing. Throughout his attendance, Michael has shown a vast improvement in his level of fitness and ability, as well as a significant enhancement in his mental wellbeing, through visual observations, one-to-one reviews and self-assessments via the Sports Wellness Questionnaire and evaluation forms.

Throughout his recovery and time at Core, Michael has become a progressing member and has volunteered at Core within the Sport Department. He gained an NVQ Qualification in partnership with the Bromley-By-Bow Centre, where he

achieved a NVQ in Sports Leadership Level 2 and several sport-specific activation courses. This has enabled Michael to volunteer not only with Core Sport, but at outside organisations that provide sports provisions for children and adults with disabilities, as well as assisting in larger sporting events, such as the World Athletics Championships, held at the Olympic Park in the summer of 2017.

Michael has also kept up his physical activity outside of the Core Sport programme, regularly using the gym since getting an Inclusive Card Gym Membership, as well as attending weekly swimming lessons. His dedication to improve both his physical and mental health has paid off, as he has increased his self-esteem and confidence, while becoming less isolated and feeling much happier. He has seen the benefits of physical activity by losing weight and increasing his level of fitness. As a result, he is no longer reliant on taking medication to treat his type 2 diabetes, which he is now able to control by leading a healthier lifestyle, reducing the number of visits to his GP.

"The best thing to happen to me since moving to London is finding Core Arts and in particular Core Sport. I enjoy the variety of the different sports the programme has to offer. There is always a friendly and enjoyable atmosphere, which has helped me make new friends. Laura gives me the motivation and encouragement I need to keep myself healthy. Learning more about nutrition and combining it with physical activity has saved my life. I have noticed I have lost weight and feel fitter and healthier, which has had a positive impact on my mental health. I have been given lots of opportunities to learn new skills and gain qualifications, which I use in my volunteering roles both at Core and in the local area, enabling me to give something back."

- Michael -



Michael

Case Study

Marcus

As a young person, Marcus played a lot of football and was quite active throughout his childhood, teenage years and even in to early adulthood. However when becoming unwell, one of the first things that he stopped doing were his sports and fitness groups, which in turn meant his social life became non-existent. This left him leading a sedentary and isolated life before he joined Core Sport. Core Sport has helped him become part of a community and picked up his love of sport, which he uses as rehabilitation from previous injuries which he gained through leading a precarious lifestyle. He also gains a lot of support from attending Core, which has enhanced his life, as he does not have much support from family and friends. He has also been able to gain valuable work experience after becoming a progressive member and volunteers in the Core Sport programme three

times a week. This has inspired Marcus to also help out with his local youth football team as a manager/coach. Marcus plans to attend some NGB qualification to enhance his own personal goals and gain some work in the sports field, which his way of giving back.

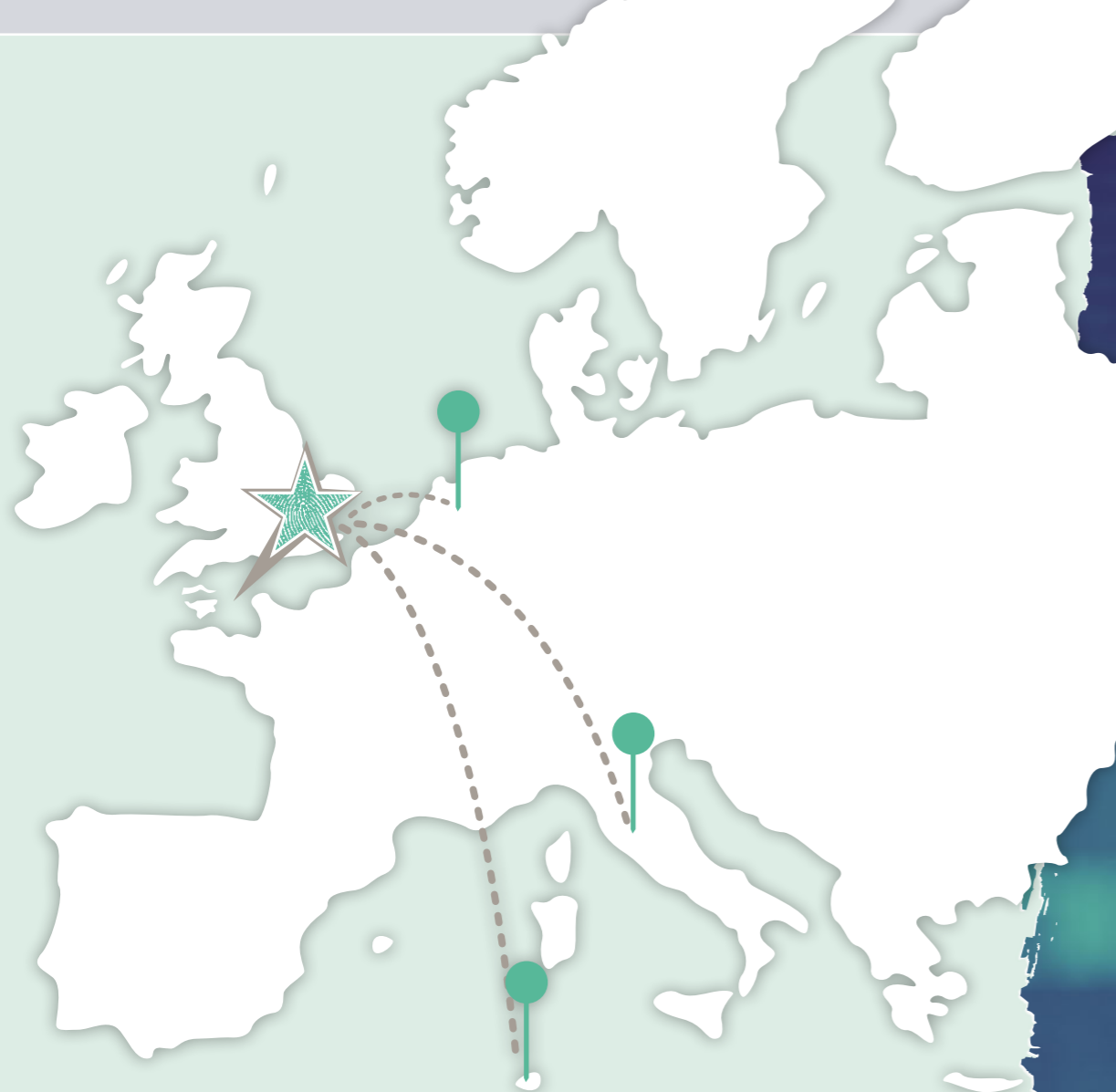
Marcus' confidence, self esteem and also his sense of purpose has skyrocketed since joining Core Sport. From improving Not only has this helped him, it has also enabled him to help and inspire others, especially new members to the programme. Marcus has stated that Core Sport is what keeps him going and in the major factor in his recovery.

"Core Sport has been a lifeline for me. It has given me lots of different opportunities, Such as playing tennis for the first time as well as being able to attend live sporting events, which would not have been possible under my current financial circumstances. I have received so much help and support from the staff at Core around my own personal circumstances, and the community here have felt like lifelong friends and family. I found Core when I hit rock bottom and no longer wanted to go on. Core has saved my life and I would probably not still be here or would be in prison, I don't know what I would have done without them."

- Marcus -



Marcus



Spreading Core across Europe...

Core Sport works in partnership with the Erasmus student learning programme for international students to gain work experience to aid their studies and to gain non-clinical alternatives to enhance mental wellbeing.

Since Core Sport's launch, we have had seven interns from Italy, Holland and Malta, ranging in length from 10 weeks to six months.

"Core is a great place to get experience in the mental health field; from management experience to alternative approaches to help with recovery. What I love most about Core is that it is member led; from Core Council meetings, reference groups, to up at the top with the Board of Trustees. In Malta there are no such services and from my two-month internship I hope to be able to take everything I have learnt and implement it into my chosen career as a Social Worker for people with mental health needs."

- Ilona Ellul

"I am currently half-way through my five month internship. I spoke with a fellow student who did their internship here last year and was very excited to spend my time in London at Core. So far it has been everything I had expected and more. From my university studies I knew physical activity and creative classes can help improve people's health, however I did not realise how much it can change people's lives, which I have been able to witness firsthand. Core has truly been an inspiration to me and I will be taking this experience with me into my future as an Applied Psychologist"

- Dewi Moes

"What I love most about Core is the community feel that it creates. Everyone is so friendly, accepting and makes you feel so welcome. On arrival I could not tell who was staff, a member, or volunteer, which I really like as everyone is treated as equal. In Holland, treatment for mental health is very much focused on medication; however Core has taught me that treating clients as people rather than a diagnosis and offering creative and sporting opportunities can benefit someone's life so much more. My internship is something I have enjoyed so much and will remember for the rest of my life."

- Krist Hof

"Core Arts has been my placement host for my internship from Malta University and I couldn't have been placed in a better organisation. Through my placement, I was amazed at all the work that Core does and I am very grateful I got to experience and be a part of it. I love the fact that there is no division between members, employees and volunteers. Core has given me a very fruitful work experience and it is of a type which is very rare to find in Malta. In the future I would like to follow in Core's footsteps and implement some of the ideas they have back home and make a huge difference to people's lives."

- Jake Calleja

Hot off the press

Hackney Today 16.04.2018

Hackney Today
June 2018

A splashing day on the rapids

A GROUP from adult mental health charity Core Arts, in Hackney, took part in a 'Disability Day' at Lee Valley White Water Centre last month. They joined more than 80 people from London, Hertfordshire and Essex in tackling the Waltham Cross venue's white water rapids in rafts, or sampled canoeing, kayaking and stand up paddle boarding on the lake. Some also had a chance to experience canoeing down the 300m-long Olympic course where Team GB won gold and silver at London 2012. Laura Connolly, inclusive sports development manager at Core Arts, said: "Some of the group were a bit apprehensive at first, but they were all really pleased that they did it and had a great day." For more information on Core Arts, visit: www.corearts.co.uk



A group from Core Arts in Hackney enjoyed white water rafting at Lee Valley White Water Centre



Core Arts deputy director Giuliana Molinari, Core Sport Inclusive Sports Development Manager Laura-Jane Connolly and Core Arts director Paul Monks

Success at its core

HACKNEY can now boast that it has the best sports club in London.

Core Sport, a service designed to improve mental and physical health through exercise, was named 'London Sports Club of the Year' at the London Sport Awards last month.

The Core Sport programme is run by mental health charity Core Arts. It offers free courses in a wide range of sports from table tennis to white water rafting, and GPs can refer patients to the programme. Core's Inclusive Sports Development Manager,

"It's so inspiring to see how our clients transform physically and mentally through sport"

Laura-Jane Connolly, said: "This is a fantastic endorsement of the work we've been doing to promote better mental health. I hope we can use this award as a springboard to reach even more people and offer even more courses. "It's so inspiring to see how our clients transform physically and mentally

through sport and incredible to see the effect on their confidence and social lives, which reinforces their recovery."

Chair of the judging panel, Tove Okunniwa, added: "Every winner and nominee has had a significant impact on the health and prosperity of London. "This commitment to

grassroots sport makes our great city a blueprint for places around the world. I'm delighted to have seen so many inspirational stories given the platform they deserve at the London Sport Awards."

The award ceremony, held at Wembley Stadium on 8 March, was organised to honour sports organisations that are changing lives in London.

MORE INFO

For more info on Core Sport, visit www.corearts.co.uk/core-sport

Tennis Foundation

HOW TENNIS IS TACKLING MENTAL HEALTH ISSUES AT LEE VALLEY

press article
13.03.2018

13.03.2018

The power of sport really can be a magical thing. Jack Pringle, Sports Development Officer at Lee Valley Regional Park Authority, has witnessed first-hand the impact that participation in the sport can have on someone's life through his involvement in a Tennis Foundation-supported programme that uses tennis to help improve mental health issues. Across many walks of life, in all four corners of the earth, people will turn to sport. For some it's their job, for others it's a hobby but for many, it can simply provide a release or an escape from daily life. This is something that Jack has realised during his career in sports development, especially more so during the past three years since the mental health tennis programme was established.

"We initially ran a 12-week programme which proved to be a success, so we decided to look at running more long-term programmes with the participants that had been involved. We're thankful to the Tennis Foundation - we received a grant from them as part of their disability development work to continue the programme for the entire year and it's been growing ever since."

"Since the programme's beginnings in 2015, we've had over 90 unique participants and probably averaged over 12 players a week. For me, what's been the biggest success is the impact we've been able to make to the lives of those people involved." While increasing numbers is fantastic to see, it's that impact Jack mentioned which is the real reward from being involved in such programmes. Obtaining feedback from members,



the results have been positive across the board. Participants unanimously agreed that the sessions gave their day structure, a routine - something so important to those dealing with mental health issues. An increase in confidence, improved sleeping patterns and a healthy appetite were among the other benefits reported back from the evaluation forms distributed.

There are more success stories beyond health improvements too, with several players taking their love of tennis even further.

Two participants have since volunteered at The Wimbledon Championships, three at the ATP tournament at London's O2 Arena whilst four players assisted at the NEC Wheelchair Tennis Masters when the competition was held at Lee Valley Hockey and Tennis Centre in 2016. One participant is now working as an assistant tennis coach after obtaining an NVQ; many others are competing in local leagues.

Jack added: "Feedback showed 60 per cent of players now also play outside of this

weekly session on the back of friendships developed through the group, so they're more physically active as a result of their decision to get involved with this programme."

"Whilst some played tennis when they were younger and decided to give it another go, for others it's been a first-time experience, so their ability range varied considerably. Participants do it to get out, get some fresh air and a bit of exercise - others wish to improve their game and compete."

'Benefits beyond the court'

As evidence of how tennis can be used to improve mental health, one of the biggest outcomes of the programme can be seen not on the court, but in GP surgeries.

"One of the most powerful achievements is 100 per cent of members now only visit their GP for organised mental health check-ups, visiting once every three to six months" says Jack.

"Prior to the programme, members were seeing their GPs for slight aches and pains, if they were feeling slightly unwell and often just as an opportunity to socialise, which is obviously a burden on the NHS."

"Research indicates that GPs don't take such patients as seriously if they visit so often - they don't think they've got as many problems as they might suggest. Statistics suggest that suicide rates as a result of mental health issues would be down if patients only visited their GP when in crisis."

"It fully justifies why we're running the programme. I wouldn't say we were striving for that outcome at the start, but we were aware of the powers of sport and the impact that can have on the lives of those involved. Until you run a programme like this and receive that feedback, you don't realise the impact that you can make."

Core Sport, the organisation that supports the delivery of tennis for mental health users at Lee Valley, won 'Club of the Year' at the London Sport Awards last week - congratulations to all involved!

The Royal Seal of Approval



PRESS RELEASE 11.05.18

The Duke of Cambridge visits award-winning mental health charity

Press release
11.05.2018

The Duke of Cambridge has visited Hackney's Core Arts, a charity which helps improve the lives of people with severe and enduring mental health problems.

Members are referred to the project by health and social care clinicians. The arts college was set up 26 years ago and now delivers more than 80 classes a week under five departments: art, music, multi media, sports and horticulture to more than 1000 members and has an amazing success rate in improving health and wellbeing and integrating individuals back into their communities.



The Duke also met with key members of Core Sports which was recently awarded London Sport's, Sport Club of the Year 2018.

Core Arts director Paul Monks said: "It was a great honour to be visited by the Duke and we thank him for taking the time to come and see us to learn about our work. He was incredibly well-informed and passionate about mental health and it was instantly apparent just how much he cares."







Awards



London Sports Award 2018 - Club of the Year - Winners



British Tennis Award 2017 - County LTA Disability Club of the Year - Winners



London Cycling Awards 2016 - Community Club of the Year - Runners Up

2018 Greater London enterprise award



Partners





FreeSport





East London NHS Foundation Trust



ClubWorks



UNITED KINGDOM ATHLETICS







Core Sport – what next



London Borough of Hackney
estimates there are currently
53,000 local residents living
with a mental health disorder.

The council's analysis of local GP records shows that Hackney residents with severe mental illness are almost 2.5 times as likely to have diabetes, almost twice as likely to be obese, and 1.5 times as likely to have coronary heart disease.

Ipsos MORI's 2015 report Health and Wellbeing in Hackney found that disabled residents are much less physically active than those without disabilities – more than half (53%) of those with a self-reported mental disability and almost three quarters (72%) of those with a physical disability say they do no vigorous exercise in an average week, compared with 33% of those without any disabilities.

All of this points to a huge extra demand placed on Hackney's healthcare services in coming years if early intervention and new thinking are not put in place. What's needed is a joined-up, integrated approach to physical and mental health – to health and wellbeing.

We think sport should play a central role in that. Core Sports works with our members and referrals from GPs to remove some of the barriers to participation that people with a mental health issue often face. We create trust and work with our clients to embed healthier life choices, regular exercise and the benefits of nutritional change into their lives.

What we need to do now is take it to the next level between what we do, what commissioners want and what our community needs. There is strong evidence to support the idea that access to sport should be embedded in any health offer. Core Sports are perfectly situated to be able to meet that need and deliver the next phase in services.

We are geared-up to do this. We are ready to join the dots and help make Hackney's residents even healthier. We have the specialist knowledge, experience and expertise to be able to provide what commissioners need to know without infringing on the client's rights or being detrimental to their mental health.

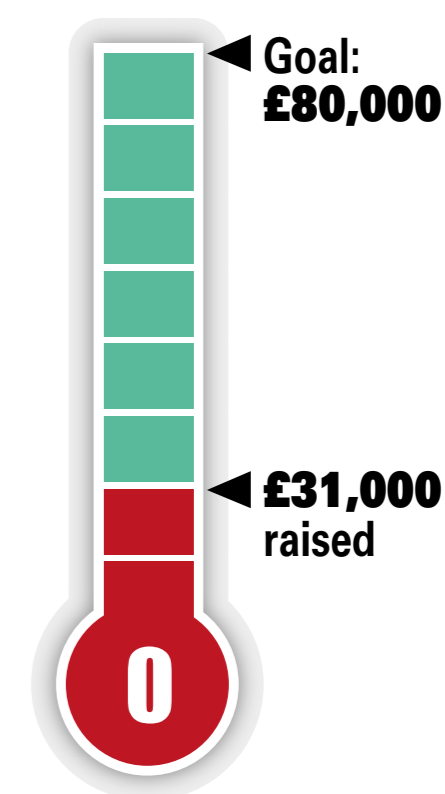
We are the London Sport's Sports Club of the Year 2018 for a reason. What we do works. As you've seen in this brochure we have lots of different ways of measuring and evidencing it. One figure we particularly like? Our clients report a 75% drop in visits to their GPs.

Mental health disorders cost more per head in hospital and social care in the last year of life than COPD, heart failure, alcoholism or cancer (PSSRU report, 2017).

It's time we helped people with mental health problems to have the same access to sport and health as the rest of the community.

A healthier, happier Hackney is within our grasp.

We're in. Are you?



2019 Target



For more information please contact:

Laura-Jane Connolly
Inclusive Sports Development Manager
Tel: 020 8533 3500 | lconnolly@corearts.co.uk

www.core-sport.co.uk

Core Sport is a branch of the award-winning
mental health charity Core Arts in Hackney.

www.corearts.co.uk

www.facebook.com/coreartshackney

www.twitter.com/coreartshackney

charity no: 1043588 | company no: 2985939

core arts promoting positive mental health

