



BMACTIVE ANNUAL REPORT

20

22

YEARLY REFLECTION

The saying goes that with growth comes pain. As an organisation we've had to adapt, to formalise and to restructure. These things have been a challenge but lay foundation for everything we want to achieve.

We're incredibly thankful for the support we receive from across our community. The connections we have provide our biggest source of motivation.

In its simplest form;

Our clients make our job fun.

So, thank you.



FOOTBALL CLUBS

125

young people reached



Throughout the academic term bactive ran after school football clubs on Wandsworth and Clapham Common, with over 125 children from various local schools attending these sessions across the year. All sessions we conduct adopt a fun-first approach, as we recognise how important it is for young people's first experiences of organised sport to be enjoyable; we believe this was accomplished as consistent attendance rates were maintained throughout the year, regardless of weather and other confounding variables. Although child enjoyment is at the forefront of our values, we have been incredibly impressed by the footballing developments our attendees have made this year. Seeing children we coach implement skills within game scenarios, further understand in-game positioning, seek to support their teammates and display resilience to sport-related adversity are just a number of examples we have seen displayed by children aged 4-13 within the last year.



"Ben and Elliot were instrumental in coaching my eldest boy to make the A team football team in his school from a very enthusiastic but humble starting point. Their great energy and genuine connection with boys is amazing. They love what they do and are very good at it. We are delighted with the results. The mixture of 1-2-1 coaching and/or 5-a-side for mixed abilities is just a great all round experience."

YOUTH MENTORING

2

partner organisations

31

youth mentees reached

7

months of partnerships

bmactive's mentoring programme was formed in 2022. Our mission was simple: to further reach and positively impact people within our local area. Our initial support was conducted external to school settings, where we assisted young footballers with coping with the demands of professional academies, and assisted students in preparing for exams, interviews and the transition into secondary school. Our work within local organisations shortly followed, as we commenced our existing partnerships with *Belleville Primary School* and *Bolingbroke Academy*.



Through engagement with our 12-week programme, we aim to aid the holistic development of children and young people. Each mentee receives one 25 minute session per week with their mentor, which is conducted in a sport-appropriate space with various pieces of sporting equipment. The mentee is encouraged to take ownership of the physical activity that is performed and the conversations that arise; this creates a bespoke service for the mentee's needs and encourages a higher likelihood of optimum results.

YOUTH MENTORING

bm

Our pupils at *Belleville Primary School* have benefited from sports mentoring with *bmactive*. Children look forward to their weekly sessions and the coaches have built great relationships with all the children. It has been a great way for children to build confidence and self-esteem outside of the classroom.

Assistant Headteacher of Personal Development & Wellbeing, Belleville Primary School

Elliot, Ayon and the team have been working with 12 young people at our school for the past term and the work they do is fantastic! The pupils are engaged and excited about the sessions, and it supports the needs of a range of pupils whether they be someone impartial to talk to, some 1:1 dedicated time to them or an opportunity to burn off energy whilst reflecting on how their week has been. Watching a pupil do his secret handshake with Ayon as he left last week made it clear to see how much those 20 minutes are the highlight to his day!

Head of Inclusion, Bolingbroke Academy

bmactive.co.uk

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MENTORING

DULWICH HAMLET WOMEN'S F.C.

We have been working with *Dulwich Hamlet Women's F.C.* for the 22/23 footballing season, providing a modified version of our mentoring programme rooted in Sport & Exercise Psychology principles.

Where the majority of football clubs apply a conscious effort to target technical, tactical and physical development, often the intentional effort to assist the social and psychological elements of the game can be forgotten. Our sessions with *DHWFC* consist of focus groups and 1-2-1 sessions. Each focus group aims to explore different psycho-social scenarios the squad face, whereas, 1-2-1 sessions offer the players an opportunity to dive deeper into their performance. All sessions are player-led, therefore, aim to put the needs of the athlete's first, regardless as to whether it is a group or individual session.

By working with *DHWFC*, we look to extend sport psychology theory and research into the club to inform and assist players and staff members about the psycho-social aspects of their sport and performance.





We were looking for an individual/organisation to work with us at *Dulwich Hamlet* to help us (staff) create a safe space for open communication for the players. BM Active has helped us gain a better understanding of why the players play football & want to play for *DHWFC*. It has helped us gain a better understanding of the players as individuals & the group. During the session we have created our core values which has helped us create balanced, fun, open & honest working environment. bmactive have also improved individuals performances by working 1:1 create coping mechanisms to support their emotional needs during pressure situations on the pitch.

We're looking forward continuing our work with bmactive over the coming seasons.

Ryan Dempsey, Manager of Dulwich Hamlet Women's F.C.

LOOKING AHEAD

Looking forward, we have loads of new projects starting and there is so much for us to learn. In the face of change our primary focus remains consistency.

As ever you can expect to see us exercising, playing sport and having a good time every day of the week, whatever the weather.

Passion for sport and exercise will always be the foundation of this business.

Here's to a great year ahead.



Photography: Bertie Oakes, Vishnu Jay & Liam Asman