



ARGYLE
COMMUNITY
TRUST

IMPACT REPORT

2021/22



CONTENTS

Foreword - Mark Lovell, Chief Executive Officer Gary Sawyer, Club Ambassador	03
Who are we and what do we do?	04
What is our mission?	04
Methodology	05
Our year in numbers	06
2021/22 timeline	08
Charitable donations	10
Player appearances	10
Charities of the year	11
Health	12
Community Engagement	16
Education and Employability	22
Disability	28
Participation	32
Facilities	40
Partners	44

Foreword...



MARK LOVELL

Chief Executive Officer

I am delighted to publish the Argyle Community Trust 2021/22 Impact Report.

You will see from the report how the charity has gone from strength to strength. We have expanded in numbers and have diversified our offer, with a focus on working with those hardest to reach and to make a real difference to societal issues in our community. This report details the incredible work the charity has undertaken during this period.

We have listened to our participants through community engagement, student and youth voice, staff forum, and partner consultation to help shape our programmes and projects to align with the needs of our community.

Whilst we are pleased with the difference we have made, we must now reflect and plan to continually improve our operations and offering. Doing so will enable us to continue to have a positive impact on the lives of the people in Devon and Cornwall.



GARY SAWYER

Club Ambassador

It is an absolute privilege to be Club Ambassador for Plymouth Argyle and Argyle Community Trust.

Having spent 17 years as a professional player, I thought I understood what Club Community Organisations did across their local communities. It wasn't until I made this transition that I truly began to understand the extent of work they carry out, and the impact they have on people's lives.

Argyle Community Trust staff work tirelessly to create new opportunities for all, and I am incredibly lucky to get the opportunity to be involved in this. Seeing people's faces and the excitement that Trust projects bring to people's lives is a humbling experience and something I'm proud to be supporting.



Who are we and what do we do?

Argyle Community Trust is the official charity partner of Plymouth Argyle Football Club.

We are the leading sport for social good charity in Devon and Cornwall, operating over 2,700 square miles. We utilise the prestige of football and the reach of the club to inspire, engage, and help people of all ages, genders, races, and socioeconomic statuses, with a vision to 'provide opportunities to all people within our local communities by inspiring and empowering them through sport'.

Our work across Devon and Cornwall focuses on removing barriers to participation and offering opportunities that are accessible to all communities in our operational area. We maintain a focus on disadvantaged and isolated communities, underrepresented groups, and at-risk children, young people, and adults.

We strive to work ethically and transparently in everything we do. As such, we endeavour to uphold six core organisational values:

- **Professionalism** - our staff are role models, coaches, mentors, and teachers and must conduct themselves professionally.
- **Inclusivity** - we believe in fair play and having open access for all. We aim to celebrate diversity and focus on the needs of each individual and community.
- **Respect** - we respect our partners, people, and communities and aim to gain the respect of others.
- **Excellence** - we strive for excellence in all we do to support our beneficiaries and ensure they reach their full potential.
- **Honesty** - we are open and transparent in all our work and with the communities we serve.
- **Pride** - we are proud of what the organisation and its parent club represent.

What is our mission?

In this report, we detail the positive impact we have had on the communities of Devon and Cornwall during the 2021/22 season.

Our mission is to inspire and make a positive difference to Devon and Cornwall communities through the power of sport and the brand of Plymouth Argyle Football Club. In short 'We are One Argyle.'

Our work strands focus on six key areas, all aligning with our strategic aims, to:



Empower people in the communities of Devon and Cornwall to overcome inequalities and raise aspirations by providing opportunities and accredited attainment.



Promote physical participation and wellbeing by encouraging healthier lifestyles and removing barriers to participation.



Improve our systems and structures to ensure we provide quality, efficient services that are value for money.



Inspire supporters to engage with our community outreach programmes.



Understand and measure the impact of our programmes on the community.

PE & SCHOOLS

EDUCATION & EMPLOYMENT

FACILITIES

SPORTS

HEALTH & WELLBEING

COMMUNITY ENGAGEMENT



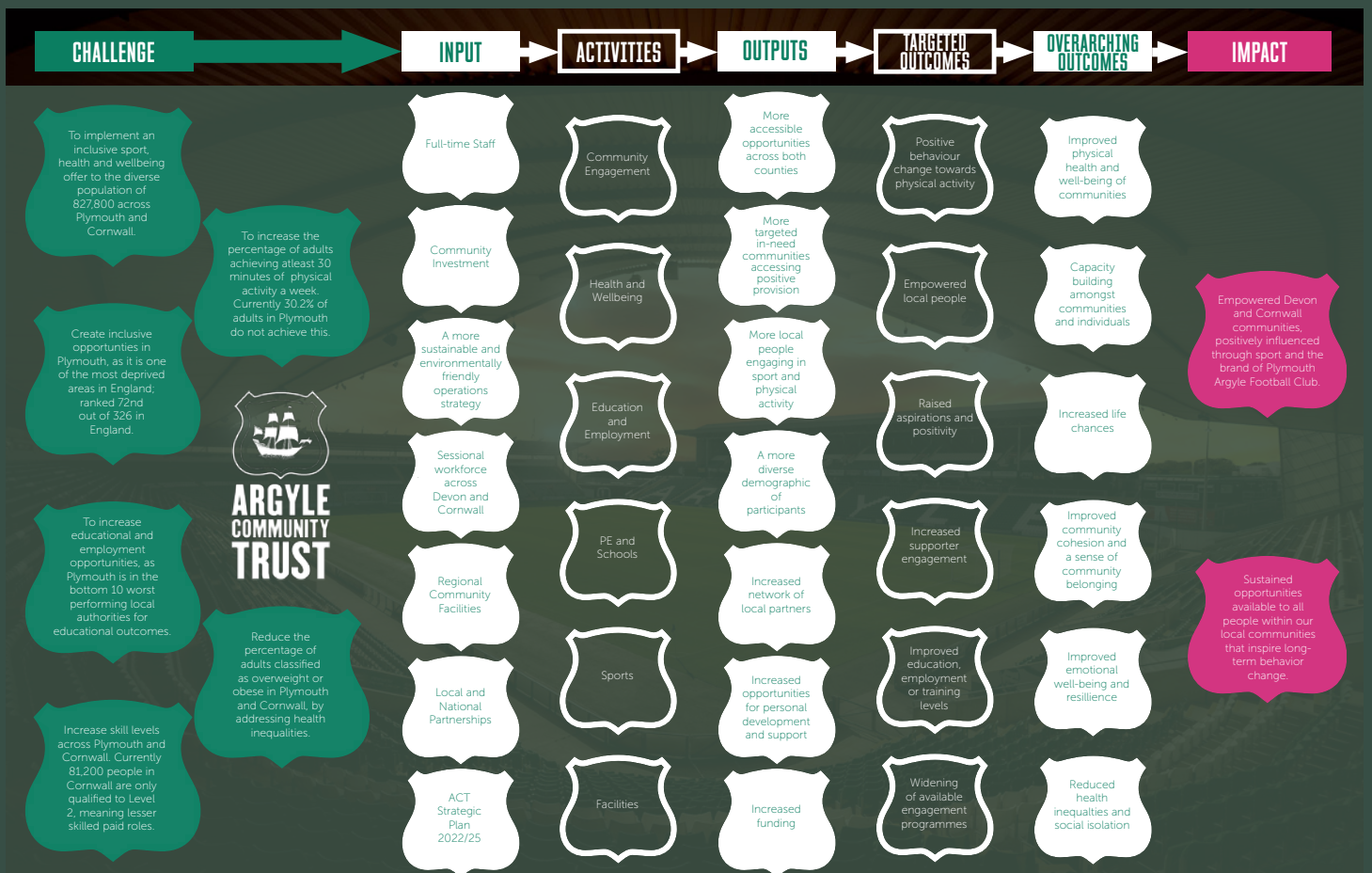
METHODOLOGY

To maximise our impact in the community, we design and structure our provisions according to a Theory of Change model, which sets out what we aim to achieve over the short, medium, and long term.

The impact of our provisions on the local community is measured, in part, by the amount of engagement. This includes the numbers and demographics of our participants and time

spent engaging with our programmes. We also measure and record positive outcomes attained by individual participants, which have been selected and assigned to each provision according to our bespoke Logic Models.

These data were collected using a suite of Customer Relationship Management (CRM) systems including Substance Views, Salesforce, OpenPlay, and Upshot.



ARGYLE COMMUNITY TRUST THEORY OF CHANGE



**“OUR MISSION IS TO INSPIRE
AND MAKE A POSITIVE
DIFFERENCE TO DEVON AND
CORNWALL COMMUNITIES.”**

OUR YEAR IN NUMBERS

57,092
hours of delivery

69,249
different participants reached

30%
Female

70%
Male

12%
participants with a disability

Equalling
827

seasons worth of Plymouth Argyle games which would take us from 1886, the year Argyle was founded, to the year 2521!



24,110
sessions delivered throughout 2021/22

DEPRIVATION

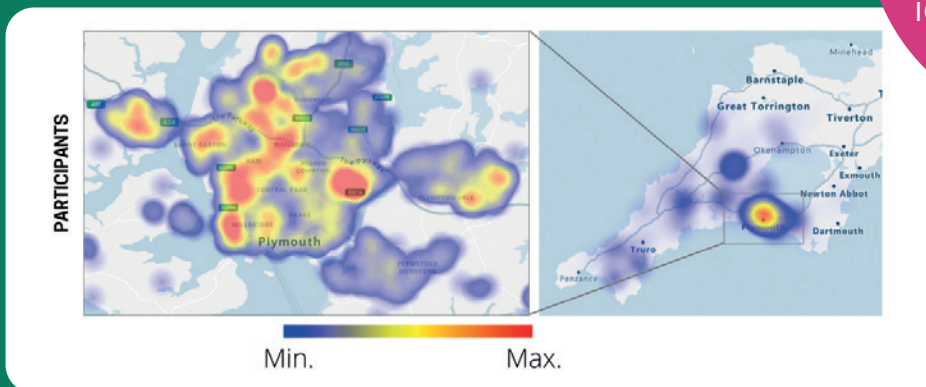
We wanted to find out more about the people we work with. We compared their postcodes to deprivation data to see if we are reaching those most in need.

68%

of our participants live in areas identified as most in need

67%

of our venues are located in the top half areas of deprivation



2021/22 TIMELINE

JULY 2021

Our Summer National Citizen Service (NCS) programme began - 148 young people from 12 schools took part and delivered 4,320 hours of social action for local causes.



AUGUST

We were represented at Plymouth Pride. We also announced our charity partners of the year – Dash of Silver and Dartmoor Zoological Society.



SEPTEMBER

Our Post-16 Football Development and Education programme students enrolled, along with our Marjon University degree students. The Premier League Kicks season began, along with the launch of BBC's Kit Out The Nation initiative – helping young people access sport by collecting and donating equipment.



JANUARY 2022

Plymouth Argyle Women and Centre of Excellence player Mari Ward was one of only 24 players from across the country to be called up to the England Lionesses Under 16s training camp.



FEBRUARY

We had seven appointments to our Kickstart Scheme – a record for Argyle Community Trust. Level Playing Field's Weeks of Action campaign saw the Sky Bet League One fixture between Plymouth Argyle and Rotherham United dedicated to the campaign, with tickets donated to participants of our Disability programmes.

MARCH

The Green Social Prescribing project came to an end – a project supporting the long-term use and enjoyment of green space at Central Park, Plymouth. The Premier League Charitable Fund celebrated 15 years of Premier League Kicks delivery – a programme delivered in Plymouth since 2008.





OCTOBER

To celebrate Black History Month, we hosted It Started with Jack – a virtual workshop telling the story of former Argyle player Jack Leslie, highlighting the barriers faced by black footballers.



DECEMBER 2021

We delivered 80 Christmas hampers, supporting Plymouth Community Homes and The Plymouth Children in Poverty Network. We also supported Stonewall's Rainbow Laces Day to promote inclusion in sport and fitness.

NOVEMBER

Our Autumn NCS programme with City College Plymouth began, with 143 learners taking part.



CEFA WINNERS 2021/22

MAY

Students from the Cornwall Post-16 Football Development and Education programme were rewarded for their victories in all three EFL South West Community & Education Football Alliance (CEFA) leagues with a trip to Wembley Stadium for the Championship play-off final.

APRIL

Our Easter Holiday Multi-Sport programme, in partnership with Princess Yachts, provided 165 children of employees with free access to positive sport and physical activity sessions at our Roadshows. One Argyle celebrated as regional winners of the EFL Community Club of the Season award for the South West and Wales.



JUNE 2022

We celebrated the graduation of our Marjon University and Post-16 Football Development and Education students, along with the end of our charity partnerships with Dash of Silver and Dartmoor Zoo. Our Participation team marked the fifth anniversary of PL Primary Stars - promoting engaging and high-quality PE, PSHE, numeracy and literacy lesson delivery.

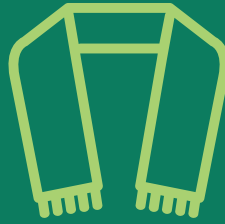


CHARITABLE DONATIONS



150

150 signed balls and 50 signed shirts donated to local charities and fundraising efforts across Devon and Cornwall.



£3,500

worth of merchandise donated to good causes.



260

free places on community coaching courses donated to local children experiencing poverty.



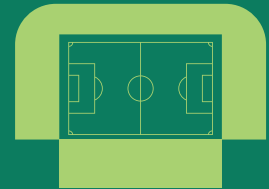
2,460

EFL League One match tickets gifted to charities, fundraising appeals, and good causes.



£54,120

worth of tickets donated.



4,830

EFL League One match tickets made available to local schools, junior sports clubs, and youth organisations at significantly reduced costs.

PLAYER APPEARANCES

368 player appearances were made during the 2021/22 season. This includes 57 appearances at charity events and hospitals, 96 appearances at soccer schools, and 22 at Health programmes.





CHARITIES OF THE YEAR



Dartmoor Zoological Society and local men's health charity Dash of Silver were unanimously selected as our inaugural charity partners for the 2021/22 season, alongside the EFL nominated charity partner, mental health charity Mind.

The charities were supported with signed shirts and balls,

100 match tickets and multiple bucket collection opportunities. To support their fundraising campaigns, they also had use of our corporate table, we raised awareness via social media and match day programmes, and there were visits from Plymouth Argyle player ambassadors to their local events.

The special partnerships allowed the Club, Trust and charities to collaborate on numerous initiatives across the season including vital fundraising and awareness work to help them achieve their charitable aims. Events have included a fun day at Dartmoor Zoo which saw Argyle Legend and Club Ambassador Gary Sawyer play

football with young visitors to the zoo. Dash of Silver held a cancer awareness day for the Argyle first-team players and staff at the Green Taverners, highlighting the importance of self-examination and early diagnosis.



HEALTH & WELLBEING



Why is it needed?


Only 33% of Cornwall school pupils reported they exercised 5+ times in the last week

Only 25% of female school pupils in Cornwall reported high levels of self-esteem


Plymouth has higher rates of preventable deaths caused by smoking, drinking, poor diet, and lack of exercise


Mental health of Plymouth's children and adults is worse than the rest of the country

Life expectancy in Plymouth is shorter than England and South West averages

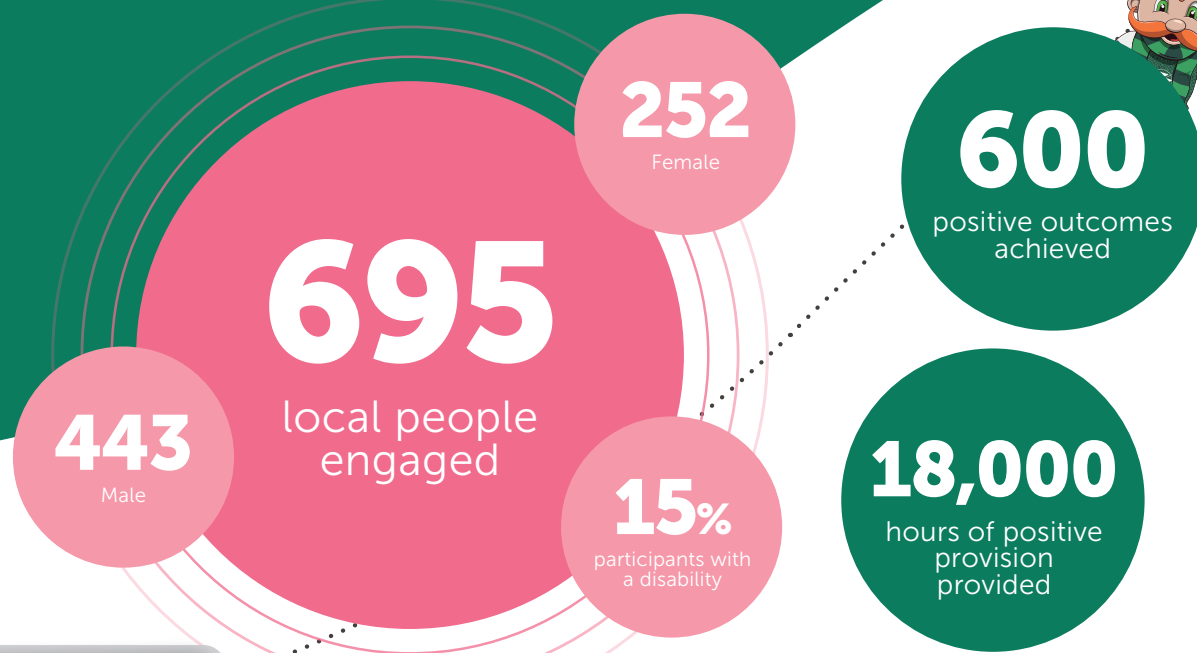

Plymouth has more overweight or obese adults than the England average

Adult inactivity is higher in Cornwall than regional averages



What did we do?

HEALTH REMIT DELIVERY FIGURES



Healthy Cornwall

Argyle FIT

ARGYLE FIT PARTICIPANT LEE

Lee lost almost 3 stone during the 12-week programme.

During lockdown Lee put on weight, spending more time at home, exercising less, and not being able to participate in sports or other activities. Lee joined the programme weighing 18 stone.

"Without Argyle FIT I would still be sat on the sofa but

instead I am out here tonight playing football, getting fitter, and losing weight. It's life-changing. I was getting to the point where I was going for walks and my knees were aching walking up hills. Coming here and losing the weight has made that a lot easier for me.

"What has driven me to lose weight is not wanting to let my teammates down. Last week we drew the game 1 – 1 but because our team lost more weight than them, we actually won the game. It gives it an edge and has encouraged me

The Argyle Fans in Training programme is a weight loss football league aimed at males with a body mass index (BMI) of 25+. Goals are scored on and off the pitch - with additional goals scored by losing weight. Our players also take part in health, wellbeing, and nutrition workshops.

Due to the success of the programme in Plymouth and with the support of Healthy Cornwall, Argyle FIT has been rolled out in different localities across Cornwall.

to lose weight. Just to be able to come out, be with your mates, and play football. It has been brilliant.

"The staff have been superb and looked after us. Every week an email gets sent out with the results along with advice and tips on nutrition and wellbeing so they have been absolutely brilliant, couldn't have asked for better really. I'm just really grateful to Argyle Community Trust and I think it is incredible what they are doing for the local community."



115
participants



4,638
Aggregate contact hours

240
Number of session hours

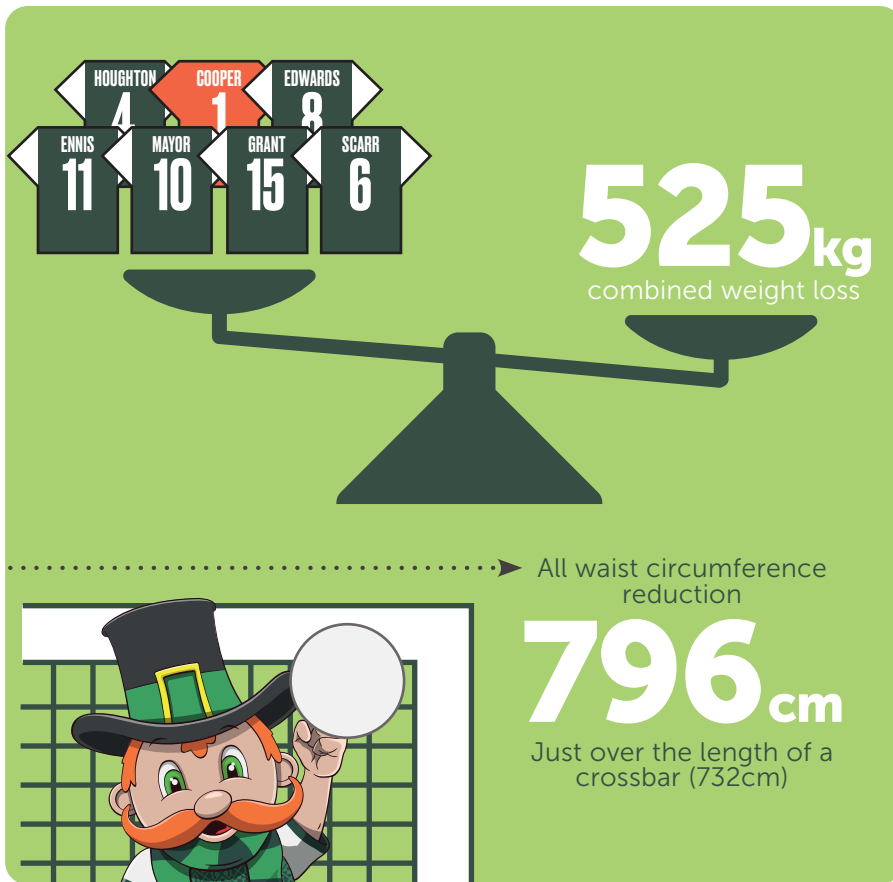
135
Average of 135 kg of weight lost per season





FIT Fans

The Football in Training programme is a 12-week healthy lifestyle programme aimed to help fans achieve long-term improvements in weight loss, physical activity, diet, and psychological wellbeing. This English Football League Trust funded programme includes physical activity sessions and workshops designed to inform and encourage our participants to make lasting, achievable, and impactful lifestyle changes.



FIT FANS PARTICIPANT

MICHAEL

Michael lost 13.5kg during the programme.

"A massive difference I have seen in myself since taking part is definitely increased confidence. I'm much, much more active throughout the day, averaging seven miles each day. I'm more conscious of what I am eating and looking for better options rather than the quick, cheap option that tends to be the worst.

Now, I am happier with my progress, my mindset, how I feel overall, and with my health and fitness because it's improving. Doing this has made me set realistic targets which I will keep doing even after the 12 weeks is up. I'm doing more physical activities with the family as well as on my own. This course has done me the world of good."



175
participants



2,095
Aggregate contact hours

173
Number of session hours

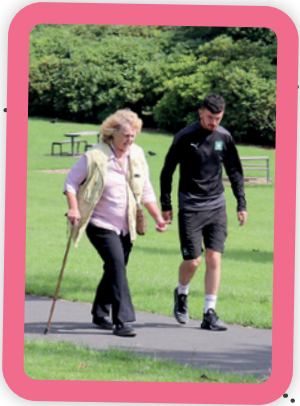
71%
improved their diet



Extra Time Hub

With funding from the Rank Foundation and support from Eldertree Befriending Service and St. Luke's Hospice, our Extra Time provisions aim to reduce social isolation and increase activity levels

of people at retirement age. Sessions include the Extra Time Hub, Walking Football, Dementia Football Café, Walk & Talk, and Compassionate Café.



Active Through Football

Sport England's Active Through Football programme, funded by the National Lottery and delivered in partnership with the Football Foundation, works with adults aged 30-50 facing the greatest barriers to physical activity. The programme looks to increase physical activity and create long-term behaviour change in physical activity, smoking,

alcohol consumption, and diet. Male sessions consist of small-sided recreational football, whilst female sessions are fitness classes. Sessions are for residents of four local communities: Whitleigh, Honicknowle, Devonport, and Stonehouse.



“
I know all I do is turn up for football session twice a week but it's done me the world of good. A month or so before I started coming I had a nervous breakdown and lost my job, and my home. I now feel like I've made some proper mates and the support network we all have with each other is invaluable.
 ”





COMMUNITY ENGAGEMENT

Why is it needed?

Only 39% of Plymouth residents agreed that 'their local area is a place where people from different backgrounds get on well together'

In Plymouth, the rates of cautioned and court sentenced children and proven offences committed by children are the second highest in the South West

Only 20% of surveyed residents were involved in their local community area, with younger residents the least engaged. Areas of higher deprivation have lower levels of engagement



What did we do?

COMMUNITY ENGAGEMENT DELIVERY FIGURES

28%

Female

8,543

attendances

1,028

young people engaged

72%

Male

30,746

hours of positive
community
engagement

103

participants
with a disability



1,001

sessions delivered

1,523

hours of positive
provision provided





Premier League Kicks

Premier League Kicks is funded by the Premier League Charitable Fund and is delivered in partnership with Plymouth Youth Service, Plymouth City Council, and Devon & Cornwall Police. It uses the power of football and the value of sports participation to help young people in some of the city's most high-need areas. We use free estate-based football and workshops to reduce crime and anti-social behaviour, whilst supporting young people's personal development and encouraging them to participate in training and qualifications.



CASE STUDY

MIA

The Premier League named our very own Mia Endacott as their 'Local Legend' for Plymouth for her dedication and for inspiring others, having developed as a Kicks participant of five years. Mia is a huge success of the Trust and our girl's player pathway. Mia currently plays for the Argyle Academy and has had the honour of a call-up for the England Talent Pathway having represented England Under 15s.

"I knew that I was helping younger girls get involved in football, but I didn't know I would get recognised. It is really nice because I come to the sessions and help the younger girls, there's no pressure whatsoever." - Mia

HAVE YOUR SAY!

My FAVOURITE thing about PL Kicks is...

"THAT YOU CAN MAKE LOADS OF FRIENDS"

"YOU CAN USE ALL YOUR ENERGY"

"POSITIVE AND NICE PEOPLE"

If I could change one thing about PL Kicks, it would be...

"TO BE LONGER"

"I LIKE IT JUST HOW IT IS"



701
Participants



509 Male
191 Female

99

Participants with disabilities



8,525
Aggregate contact hours

1,242
Number of session hours

Premier League Changemakers

451
attendances

OUTCOMES

48

positive outcomes were achieved, including



Participants have improved physical wellbeing



Participants have improved mental wellbeing



Participants feel inspired and engaged



Participants have increased confidence and self-esteem

This programme supports girls and young women to develop positive attitudes towards leadership through youth voice, social action, workshops, and mentorship. Sessions focus on leadership skills and qualities, improving engagement, gender equality, and improved mental health, and empower participants with a disability to complete a social action challenge of their choice.

34

Female

34

young people engaged

3

participants with a disability

676

hours of positive community engagement



We gathered some quotes as feedback for the PL Changemakers programme:

"seeing all of the nice things people said in the sugar cube envelopes because it really makes you feel appreciated"

"to be able to speak openly and show ideas and help our world and enjoy life with the best people in it"

"At the IWD event in Birmingham I managed to leave behind my anxiety and have a conversation with some of the other girls from across the country - I never believed I could do that before this project!"

"i've learnt to love myself a little more"

"my favourite part about the project was how fun it was"

"I have absolutely loved the trips and how much support I was given throughout the project"

"i've learnt that you have more of an impact on people than you realise"

"getting to work with everyone here because we all got to know each other much better"

"i've learnt to be more confident in myself"

"i've learnt that I can be confident and trust myself"

"I've learnt to be brave and that giving and receiving compliments is often nice more than it is scary"

"my favourite thing about this project is how all of us can talk to each other and no one is judging"

Premier League Kicks Targeted – Breaking the Cycle

In this programme, participants at risk of becoming young offenders, and some of whom have suffered from adverse childhood experiences, are selected for one-to-one mentoring. Through regular contact and engagement, we produce individual development plans and help build pathways for young people who face additional challenges in their development.



CASE STUDY

Participant 2

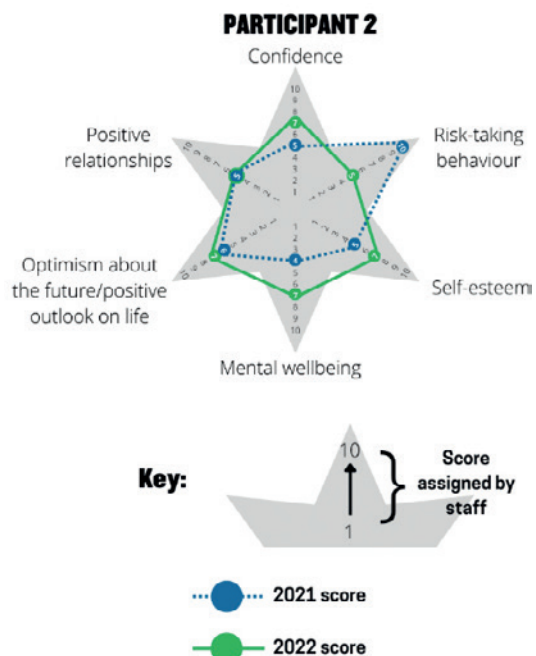
In the rapport-building stage, we found his main issue was boredom, which would lead to him going out and engaging in negative behaviour. I was able to draw from my dance background and put together a programme which incentivised him to work hard both in and out of sessions so that he could hit targets and outcomes.

Physical activities involved fitness circuits and callisthenics, whilst our reflective sessions used various methods and models that gave him accountability for his actions and helped him look at his choices. We were

critical but also celebrated his achievements which was pivotal to helping him build his self-esteem and showed him that he could achieve his goals, which was to go to college to study carpentry.

I was with the young person at his court date. Being present as a professional at his Youth Offending Team conditional order meeting meant that he felt support from all areas which was a big part of the success.

Our participants are evaluated during their journey through the programme for qualities such as confidence and self-esteem and their engagement in risk-taking behaviour. Together, this helps us reflect on their growth and identify where to focus next, as well as celebrate how far they have come.



Report by Kadus Smith - Targeted Youth Mentor



20
participants



190
Aggregate attendance

200

Aggregate contact hours

207

Number of session hours

3

Participants with disabilities



National Citizen Service (NCS)



NCS brings young people from different backgrounds together and equips them with new skills and the tools to make a difference. On our part-residential programmes, young people take part in outdoor activities, skills-building workshops, and youth-led social action. This continues in our NCS Changers Programme of workshops and social action design and delivery, guided by the needs of the local community and the passions of the young people. We also run Skills Booster sessions, in which staff deliver in-school lessons on topics including careers and employability.



144 graduated from the summer and 126 graduated from the autumn programmes



8,040 hours of social action were delivered across our summer and autumn programmes

Social action projects included awareness campaigns for the war in Ukraine, collecting donations for Shekinah Mission, renovation of a Salvation Army building and fundraising for a Neonatal Intensive Care Unit.



320 learners engaged in our Skills Booster programme. This totalled 4,800 hours of personal development, including careers, employability, and health and wellbeing.





EDUCATION & EMPLOYABILITY

Why is it needed?



Disadvantaged Plymouth Secondary Schools pupils are 25 months behind their peers on average in maths and English – the third widest gap in the country

Young people are least likely to say they see their future within Plymouth

Only 17% of the South West's disadvantaged school pupils went on to university, the lowest rate in England



The South West has a 7% lower annual wage than the UK average

Young people in more deprived areas of Plymouth report a sense of isolation from the rest of the country and suggest a feeling of being 'left behind'



What did we do?



Post 16 BTEC Extended Diploma in Sport

Delivered from hubs in Plymouth and Cornwall, we combine the teaching of theoretical sport and exercise concepts (including anatomy and physiology) with a full-time football training and games programme. This

takes our players around the country to compete in the National Youth League and develops students' personal development, whilst supporting their future progression to employment or higher education.



CASE STUDY

MORGAN

Morgan Coxhead - BTEC Level 3 Extended Diploma in Sport and YMCA/Plymouth Argyle Personal Trainer graduate and current Cornwall Argyle Education Apprentice and Goalkeeping Coach.

"The education programme has been influential in giving me the knowledge, experience, and qualifications to enable me to advance in my career. All these elements combined have provided me with opportunities in coaching alongside Argyle coaching staff. This has developed into paid employment, and I have coached on football roadshows, and after-school clubs, and worked as a goalkeeper coach at the Plymouth Argyle Centre of Excellence. After completing my BTEC Level 3 course I decided to progress onto the Personal Trainer course which has helped me gain further fantastic qualifications. The coaching staff bring a wealth of experience which will help you improve as a player no matter what your football ability when you join."

Morgan has also made his debut playing in goal for the Truro City first team. Morgan has cystic fibrosis and several other conditions, but he has never let anything stand in his way.

STUDENT VOICE SURVEY RESULTS

93%

understand the need to work well with people who have different cultures and backgrounds

91%

would recommend the course to a friend

94%

enjoyed the course

91%

were happy with the quality of facilities provided



72 Plymouth participants

66 Cornwall participants



47,037

hours of positive engagement

14,162

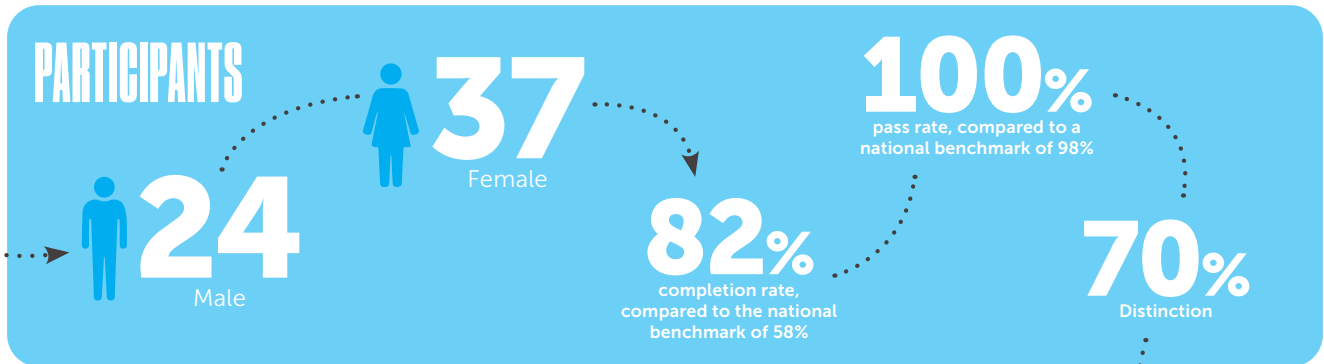
Number of session hours

6

Participants with disabilities

Apprenticeships

We aspire to support every school across Devon and Cornwall in having an apprentice and to engage our apprentices in a range of community settings. Our sport-specific apprentice courses include Level 2 Community Activator Coach, Level 3 Community Sport and Health Officer, Level 4 Sports Coach and Level 3 Teaching Assistant.



CASE STUDY

JACOB

Jacob Fahy - Apprentice

Before starting his journey at Argyle Community Trust, Jacob Fahy had been out of education and employment for over two and a half years.

"My confidence was at a real low and I found going out an experience that made me really anxious."

Jacob signed up for our Traineeship programme, completing his work experience coaching children.

He progressed onto Level 2 Community Activator Coach and Level 4 Sports Coach apprenticeships, with his charisma and newfound confidence pivotal in securing the roles.

During his apprenticeship, Jacob supported key workers and vulnerable children at St. Catherine's Primary School in Launceston, Cornwall.

"The experience was absolutely incredible, allowing me to build some amazing relationships with pupils and staff, whilst also being able to

support them in getting active and staying healthy."

Jacob gained permanent employment with the Trust and was named Apprentice Rising Star of the Year at the Southwest Regional Awards.

"To have that recognition was just amazing. Thanks to the apprenticeship I am on cloud nine. I love every second of it. You get to meet amazing people, you get to do amazing things and it has just helped me develop massively into a much more confident person, so I owe a lot to it."



61
participants



1,800
Aggregate contact hours

288
Number Of Session Hours

6
Participants with disabilities



Employment programmes

Our SELAG and AMLAG adult education, Traineeship and SCORE health and social care programmes combine employability skill development with hands-on work placements and optional functional skills qualifications. We aim to increase motivation and self-esteem in our participants and ultimately assist with their entry into, or return to, employment.



99
sessions delivered

67
local people engaged

70
work experience hours

480
hours of positive provision provided



Our SCORE programme began in 2022. Over six weeks, we support males to develop the necessary skills and experience to gain employability in the health and social care sector.

Of five participants, three gained employment in the health and social care sector and one went into further education

Employability programme: 100% of participants who completed the 6-week Sport Works employability programme achieved a Level 1 qualification in Employability and secured employment

CASE STUDY

TOM

Employability

Tom attended our employability programme in Liskeard. During the pandemic, Tom became a social recluse and went 24 months without speaking to anyone, losing all social skills. During the programme, Tom gained confidence, re-learned the basics of communicating with his peers and re-ignited his motivation to find out about life beyond his family farm. Tom has since applied and interviewed for numerous roles and soon found employment.

Feedback from Newquay Job Centre regarding

Argyle Community Trust employability programmes:

"The participants have loved the course and absolutely love Employability Tutor Jordan. Jordan was approachable, calm, and understanding. Participants felt they could approach him about anything, and he listened to their opinions. They have all come out of their shells and are all meeting socially outside of the training which they never thought they would do. They are motivated and excited to come to the training each week and will be gutted when it finishes. The atmosphere among these claimants was really positive. They seem really happy to be on the course and you can see the difference it has made to their lives."

Kickstart Scheme

We took part in the Government's Kickstart Scheme, supporting 16–24-year-olds in receipt of universal credit in 6-month work placements across the Trust and Club.



It helped me gain further experience in the field of work I want to work in. I learned the importance of time management and the urgency of different tasks.



Talia Heggs worked for Argyle in the media team as part of the Kickstart Scheme. At the conclusion of her 6 months, Talia secured employment as Content Creator at Premier League club Brentford.

KICKSTART PROGRAMME

28 Jobseekers



18,200

hours of work experience and mentor support provided by Argyle professionals.

CAREER PROGRESSION OF OUR KICKSTART EMPLOYEES AFTER THEIR PLACEMENTS

82%

gained employment at the Trust

4%

started an apprenticeship with the Trust

4%

entered further education

10%

gained employment at another organisation

200
hours of academic
content

133
hours of practical
sports coaching

78
hours of additional
learning
opportunity



Opportunities
provided to 47 higher
education learners



Marjon Degree Programme

The Trust work in partnership with Plymouth Marjon University to co-deliver our BA (Hons) Football Coaching and Development degree. Students gain expertise from academics, professional Football Development Officers, and coaches from Argyle Community Trust. This programme introduces the role of football in the wider sports industry and provides rich opportunities to apply theory to real-life sport development situations. We aspire to develop the next crop of full-time employees who, upon graduating, are both competent and confident to work in our industry.





DISABILITY

Why is it needed?

23% of the South West population have a long-standing illness, disability, or impairment that significantly impacts their day-to-day activities

77% of people with a disability want to be more active

Only 31% of people with disabilities agree with the statement that 'Sport is for someone like me'

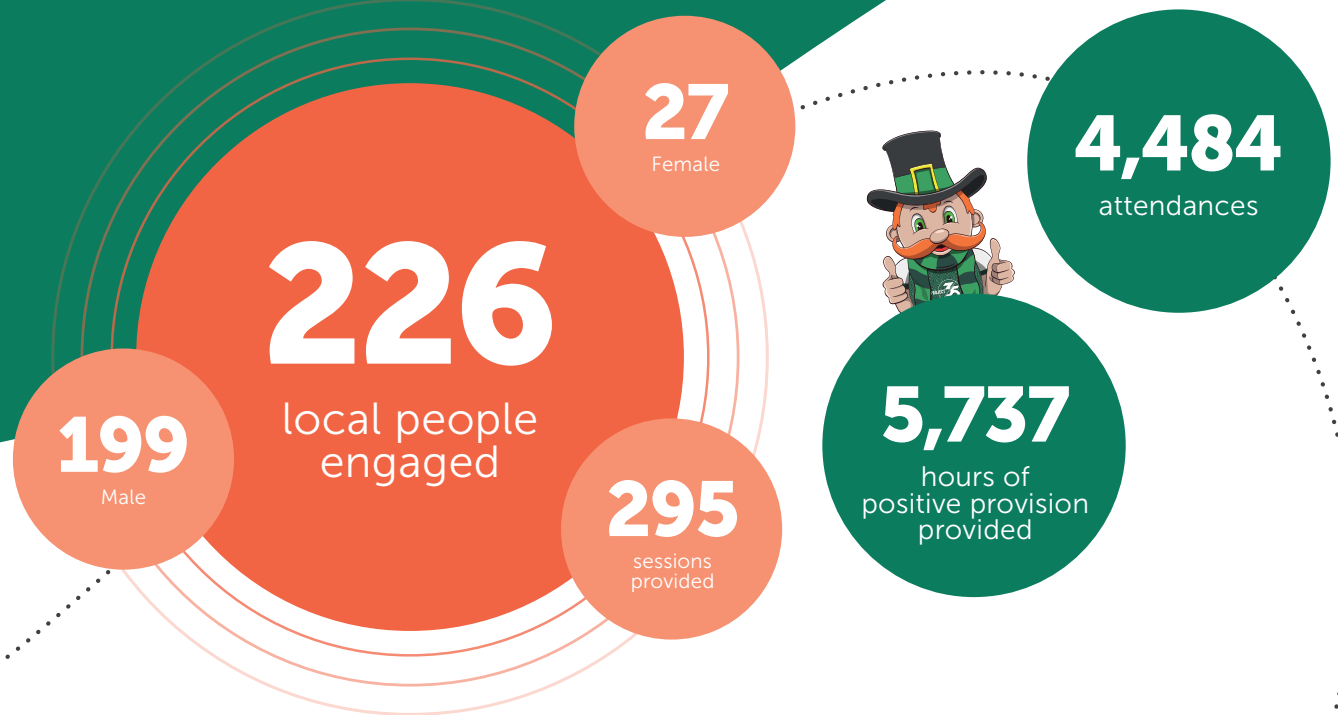


In England, 66% of adults achieve over 150 minutes of activity per week, compared to 45% of adults with a disability



What did we do?

DISABILITY REMIT DELIVERY FIGURES



School sport delivery

We deliver Physical Education sessions in schools, providing activities such as football, handball, basketball, and rounders.

Our vision is to provide a Physical Education syllabus that is high quality and replicates a mainstream provision. We are passionate about participants with disabilities accessing the same level of activity as their peers.





All Move

In partnership with Mencap, the UK charity for people with a learning disability, we support young people aged 11-16 with learning disabilities and autism to take part in physical activity. Participants are challenged to complete a marathon of physical activity – with each of the 26 programme hours including a range of sports aimed to improve physical and mental wellbeing.



Ability Counts

Training sessions and competitive leagues open to footballers with PAN disabilities. The Trust run Junior Ability Counts, for players aged 5-16, and Adult Ability Counts sessions.

Ability Counts is all about informal coaching, representing the mighty Argyle, and most importantly having fun and making friends.

Junior Ability Counts

We have an under 12s and an under 16s team



Adult Ability Counts

We have four men's teams, one women's team and one powerchair team



Junior Ability Counts

CASE STUDY

DANIEL

Daniel, Participant of Junior Ability Counts

"I play for Argyle Ability Counts. I have been here for about a year. The coaches are amazing, and my teammates are brilliant and friendly. It's a really nice atmosphere. I'm a Plymouth Argyle supporter and I wanted to play for them so I thought this club would be nice. It turned out that would be the greatest choice of my life.

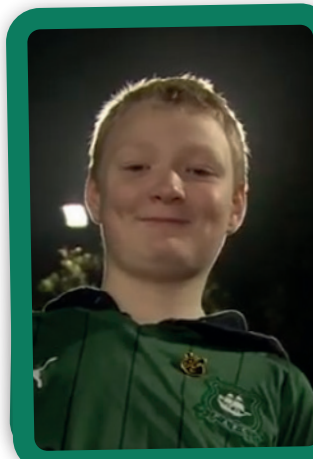
"When I was three and then four, I had Guillain-Barre Syndrome and two years ago I had a leg operation. I was in

hospital for 12 days and had paralysis, which was painful. I had to learn to walk again. The club helped me with my physical and mental issues. It helped take my mind off issues in my mind and focus on football. I had to think about other things, not this, and now it's easier. I can think about football now and not any troubles. Physically it gets me stronger. We have great coaches, but it's not only that, it's also inclusivity. Without this, you wouldn't have people like me being able to play the beautiful game!

"There's nothing I don't like about it. It's a brilliant place. It's important that Children in Need keep funding my class

because you can see all the great activities happening, all these opportunities and people bonding together,

playing football, and making good friendships."



Watch Daniel talking to the BBC here





PARTICIPATION

Why is it needed?

67% expect the cost-of-living crisis to prevent kids from taking part in activities



24% of Plymouth's children start primary school either overweight or obese, with the figure rising to 33% by the time they reach year 6



Only 43% of girls participate in sport, compared to 63% of boys

The activity levels of children from low-income families are 14% lower than their peers



What did we do?

PARTICIPATION OVERALL STATISTICS

62,507

hours of positive provision provided

67,280

participants - the capacity of four Home Park Stadiums!

27,213

sessions delivered



Premier League Primary Stars

CASE STUDY

As part of our Premier League Primary Stars programme, Trust coaches paired a local Plymouth school with a school in Florida in the US and delivered a session focusing on embracing difference.

"This was a fantastic experience for the students and teachers. We are most grateful to everyone who made it happen. Our fifth graders will always remember this day and all they learned. All students

conducted research, outlined their findings, and prepared questions. They were beyond excited to get answers to their questions, share what they had learned during the webinar, and even more excited for the webinar itself. We feel very fortunate to have been chosen for this wonderful program. I am sure the students will be very eager to travel to the UK someday to experience all they discussed in the webinar. Your efforts on their behalf have expanded their world."

Teacher, Claywell Elementary, Florida

Primary Stars develops skills and ambition both on and off the sports field for girls and boys aged five to 11. The project sees the delivery of physical education and sport sessions for children, a development programme for teachers' physical education delivery, and a wide range of pastoral and academic workshops made available covering numeracy, literacy, and personal development.



8,870

participants



52,973

Aggregate hours of delivery

1,916

Hours of delivery

2,066

Number of sessions

Physical Education

In addition to our PL Primary Stars programme, our qualified coaches deliver high-quality PE lessons and teacher professional development sessions. The aim is to ensure high-quality sessions and school sports exist within all schools in Devon and Cornwall.



23,882

children and young people engaged

9,615

hours of positive provision provided

327,292

hours of positive community engagement

4,168

sessions delivered



Joy of Moving

Delivered to year 5 pupils aged 9 and 10, this programme increases levels of physical activity by focusing on fun and encourages movement through play, by participating in football, handball, and dodgeball. It also uses a series of exciting workshops that educate students on the importance of nutrition and exercise.



94% of children felt that the programme had given them new ideas on how to get active

367

sessions delivered

18,066

hours of positive community engagement

1,771

children and young people engaged

585

hours of positive provision provided



Lunchtime clubs and after-school clubs

Alongside our in-lesson sessions, we run in-school lunchtime and after-school clubs, to engage local children in sport and to create healthy lifestyle habits.

Our coaches make sure children are safe and are having fun, whilst providing engaging sporting opportunities for those who may not otherwise be able to access these provisions.



10,967

sessions delivered

AFTER-SCHOOL CLUBS

12,642

hours of positive provision provided

11,906

children and young people engaged

75,978

hours of positive community engagement

LUNCHTIME CLUBS

47,502

hours of positive community engagement

6,598

children and young people engaged

4,277

hours of positive provision provided

3,734

sessions delivered



Holiday Programmes

During school holidays, our Fit and Fed, Holiday Activities and Food programme, and Roadshows promote child engagement in sport and enrichment provisions whilst supporting families in need of childcare and healthy food.



FIT AND FED AND HOLIDAY ACTIVITIES AND FOOD PROGRAMME

3,240
hours of positive provision provided

661
sessions delivered

7,700

children and young people engaged and provided with lunches to combat holiday hunger

42,350
hours of positive community engagement

ROADSHOWS

22,572
hours of positive community engagement

3,762

children and young people engaged

2,244

hours of positive provision provided

374

sessions delivered



Player Development Pathway

Our player pathway includes Progression Centres, Long Term Development Centres, Advanced Development Centres, and Centres of Excellence. Our qualified coaches follow the FA Four Corner Model of football - Technical, Physical, Social and Psychological - with sessions focusing on different themes each week, as we look to improve technique and understanding of all positions in the game. These themes are then reinforced in small-sided matches.



38,942

hours of player development

2,052

sessions delivered

1,302

children and young people engaged

3,222

hours of positive provision provided

22

players progressed from the Player Development Centre to the Centre of Excellence

16

Centre of Excellence players trialled for the Argyle Academy

11

signed for the Argyle Academy



Women and Girls

Our female-specific player progression pathway includes Long Term Player Development Centres and Advanced Development Centres, starting from Wildcats at the age of 4, through to the Plymouth Argyle Women first-team. We celebrate and develop local female footballing talent, giving females the same opportunities as their male counterparts.

PLYMOUTH ARGYLE WOMEN

Plymouth Argyle Women play in the FA Women's National League Southern Premier Division of the South West Regional Women's Football League.

In our Under 23s and first team:

224
sessions

5,822
hours spent training and playing in competitive fixtures

47
players in Argyle Women first team and Under 23s

385
hours of football

Argyle Women played 26 league fixtures, two League Cup fixtures, four FA Cup fixtures, and one Devon Cup fixture



Argyle Women played two matches at Home Park against Ipswich Town FC Women and Charlton Athletic Women

The furthest our first team travelled for an away fixture was to play against Ipswich Town FC Women – a round trip of 632 miles!

GIRLS ADVANCED DEVELOPMENT CENTRE

145

hours of positive provision provided

89

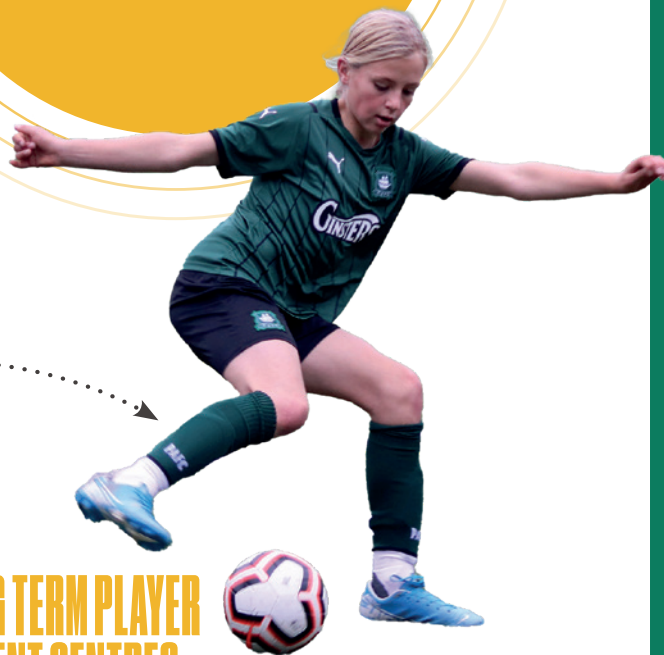
sessions delivered

89

girls engaged

6,112

hours of player development



GIRLS LONG TERM PLAYER DEVELOPMENT CENTRES

3,169

hours of player development

533

sessions delivered

272

girls engaged



14

players were referred to the Talent ID programme, with 12 being monitored further for England camps

2



U16s made England debuts

5

progressed into Women's teams (first team and Under 23s)





FACILITIES



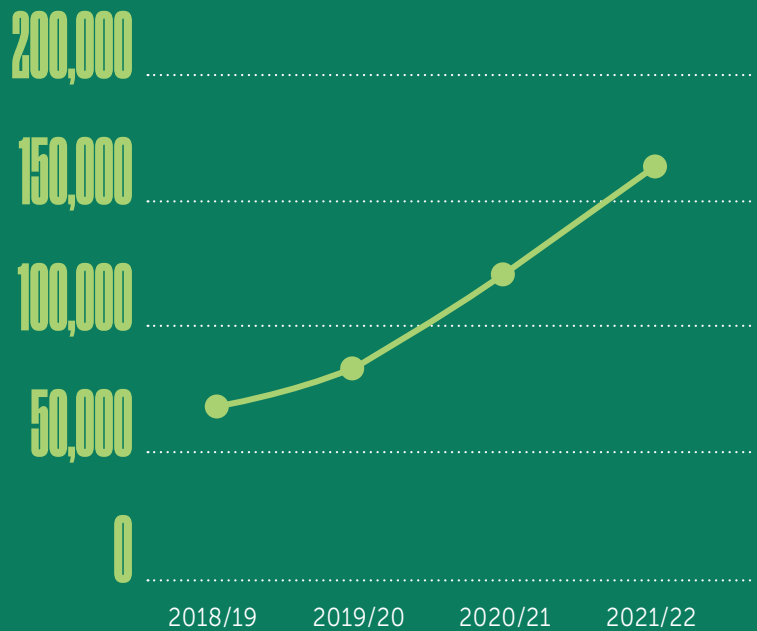
Our facilities

The Trust's community hubs help local people access affordable sports by facilitating a range of physical activity and wellbeing sessions at our football, cricket, bowls, and tennis facilities.

We also have indoor and outdoor community spaces, including community halls, teaching rooms, and a garden, enabling our communities to take part in less traditional forms of physical activity.

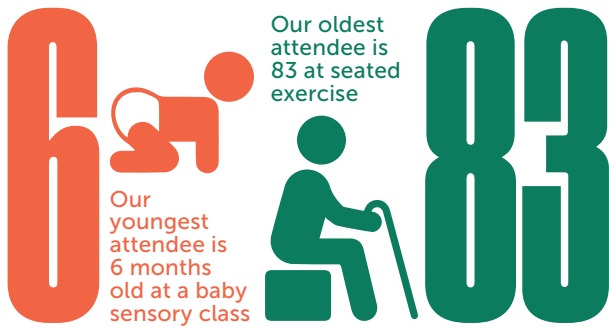
Due to community demand, we have increased our local facilities offer to allow us to support nearly 100,000 more people since we opened in 2018. By developing and expanding our facilities, we have made health and wellbeing, social, and sporting opportunities accessible to a wider range of people and local communities.

SITE VISITORS



Community opportunities at our facilities

We work closely with hyper-local community groups and charities by providing a regular home for their important outreach work. Sessions include forestry schools, mental health interventions, sing and sign, baby groups, community dance and exercise classes, and employability programmes.



20-50

people attend each weekly event

200

people attend our seasonal events



We also host local events that engage our surrounding communities with the aim of improving social cohesion and combatting loneliness. These include weekly quiz and bingo nights, a community café and our Compassionate Café, along with seasonal events at Easter, Halloween, and Christmas



In 2021/22, our facilities hosted over 55 private commercial/corporate events, with all profits being reinvested back into improving our community offer and reducing fees for local people

Our office rental space, conferencing and hospitality facilities, and affordable hire fees - including block booking discounts for local community groups - support community businesses.

Our facilities also served as a central base for a food hamper appeal collection and distribution.



Sustainability

ECONOMIC

We take pride in reinvesting income generated by our facilities back into our community sites. We can improve our facilities by making them more sustainable, diverse, and inclusive.

Through our offering of community programmes, commercial rental opportunities, hospitality and catering services, and funding/grant allocations we raised £367,000 in income.

As we aim to meet the local need for accessible and inclusive sports and community facilities, all net profit generated from our facilities is held in reserve accounts and is allocated to future investment in local community assets.

As a result, the people of our communities are the beneficiaries of their initial investment and we can support those most in need.



ENVIRONMENTAL

In 2022 we launched our new three-year Environmental Sustainability and Carbon Footprint Policies and Action Plans.

They state our intentions and approach to reducing our environmental impact and running costs, including:



Installation of a 30kw solar system

Installation of electric vehicle charge points and electronic bikes



Establishing an environmental reporting dashboard

Auditing of gas, electricity, water, fuel, waste, nature, and procurement



Supporting local teams

We were proud to work with several grassroots sports teams that called Manadon their home.

- Plymouth Civil Service and Roborough Cricket Club
- Mount Wise FC (adults)
- Plymouth United FC (adults)
- Plymouth Parkway Under 11s
- Plymouth Parkway Under 10s
- Argyle Community Trust BTEC programmes
- Plymouth Argyle Women

We support our affiliated teams with over 40 hours of high-quality facility access.

Through our player pathway programmes, we provide local opportunities to those that aspire to become professional sports players.



The future

Our facilities team are excited about expanding our reach and, specifically, our community food offer. We will soon launch a mobile catering van to combat food poverty in the city.

We are exploring future opportunities to expand our facilities footprint across the communities we serve, in partnership with our local authority and several other key partners.



PARTNERS

The national and local partners listed below have been instrumental in creating the impact shown in this report and have been vital to Argyle Community Trust achieving its strategic aims.

We are grateful for their contributions, which support the Trust either financially, or practically through their workforces, in-kind support, volunteers, and networking, as well as advocating what we do.

We would like to thank all our partners and hope our ongoing collaborations continue to develop and grow to the benefit of our communities.

NATIONAL



LOCAL



Local Primary and Secondary Schools across Devon and Cornwall
Third sector and local community organisations



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COMMUNITY
TRUST

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