

# The Forrester React 2 Rugby Trust

A charity registered in Scotland as SC035719

Improving quality of life of children and young people living in  
West Edinburgh through participation in community rugby

## 2008 Annual Report



Edinburgh's Sighthill Estate

## ***The React 2 Rugby Trust***

React 2 Rugby is an initiative to promote participation in community team sport at an early age to children and families from some of Edinburgh's most disadvantaged communities. Five years ago a group of volunteers formed the charitable Trust, which today raises funds to employ a full-time Community Development Officer and sponsor a 17 year old trainee through a SVQ qualification in Community teaching & learning. In addition the Trust has developed a volunteer base of over 30 local people who are qualified in safety, child protection and sports coaching.

The Trust's aim is to intervene early by encouraging local children and young people to get involved in inclusive team sport by providing a safe environment where they can develop talents, acquire new skills, enjoy teamwork and learn how to tolerate and cooperate with others. We work with children and young people from the age of 5 to 18 years old. There are no barriers to participation based on gender, experience, ability, race, religion, or socio-economic background.

The work and progress of the Trust is monitored monthly by a Review Panel comprising of a Trustee, Scottish Rugby Union, the Development Officer and Forrester Rugby Club.

## ***The need***

We work in some of Scotland's most deprived communities, mental illness, drugs, suicide and self-harming are above the national averages, according to the Scottish Public Health Observatory.

The programmes run by the Trust are based on rugby activities and are designed to help young people to develop self-esteem and community pride. Through rugby our staff and volunteers are educating children about well-being and the importance of choosing healthy lifestyle. The children and young people we work with do not have the same opportunities as others living elsewhere in Edinburgh, especially those living in Sighthill, Broomhouse and Wester Hailes.

Our early intervention work with Primary school children is designed to breakdown the tensions that exist between young and older people living in these districts. The activities we provide offer children and young people an enjoyable leisure-time alternative to drugs, alcohol and street crime. For some children our programmes provide a respite from the chaos of family life caused by alcohol and drug dependency.

## **Our services meeting the need**

**Improving quality of life** - *“I offer wholehearted support for the initiative because it provides much needed help to the area. I have worked in Broomhouse for a number of years. This area is blighted by actions of some young people who are involved in anti-social behaviour, criminality along with drug and alcohol abuse. I acknowledge the close links you have forged that has provided many with the opportunity to participate and to experience healthy lifestyle choices. I have noted significant improvements in quality of life experienced by many local people and attribute this to local groups including your own. I very much hope that you will be able to continue your invaluable contribution to the community.”* Neil Doig MBE, Lothian and Borders Police,

**Drug and Alcohol addiction** – *“Some of the children attending your sessions come from very chaotic households where parents are battling with drug and alcohol addiction. Rugby has been a good way for these children to channel feelings and to take part in a proper team activity and take their turn in passing the ball. This is really beneficial for our children as they sometimes find it difficult to take turns. Overall the involvement in rugby has been good for our project”,* Lissa McIntyre, The Big Project Charity.

## **Work done during 2008**

There were five key strands to the Trust’s work during the past twelve months; early intervention at schools; safety with after school clubs; individual personal development; volunteer training; and community events.

1. Promoting involvement in community team sport by offering “taster” sessions in 19 local schools.

The Trust’s staff and volunteers delivered to 15 Primary schools and 4 secondary schools.

2. Improving community safety by running 7 “after school clubs”.

Five weekly “after school clubs” were run from 3.20 – 4.20 pm for girls and boys ages P4 to P7. The clubs were for children from: Craigknowe, Corstorphine, Gylemuir, the Craigmount cluster, the Queensferry cluster.

Secondary “after school” activities were provided weekly between 3.30 – 4.30 pm at Craigmount HS, Queensferry HS and for pupils attending Forrester HS and St. Augustine’s HS for young people from S1 to S6.

It is generally accepted that the period immediately after school is a time when children and young people can be at greatest risk to boredom and anti-social behaviour. The project had a positive impact on Community safety because it provided an enjoyable, healthy social and recreational diversion at this time of day.

3. Personal skills development for those who having “tasted” rugby at school and want to become more involved.

10 sessions every week were run by our qualified volunteers. Participants were divided into groups according to age.

Age 5 to 12 – 1 hour Monday evening and 2 hours on Sunday

Age 13 to 16 – 1 hour midweek and 2 hours on Sunday

Under 18 – Tuesday and Thursday evenings and Saturday

4. Volunteer training

During the year 16 volunteers trained to attain the following qualifications:

6 passed SRU Foundation course

8 passed UKCC Level 1

2 qualified as Level 1 Referees

5. Community events

- 58 children attended the three-day Holiday Camps held during the Easter and Summer school holidays.
- 400 children from all over Scotland came to Broomhouse to participate in a Mini-rugby festival.
- Money was raised to take needy children on a weekend visit to Caithness.
- 160 teenagers took part in a rugby tournament held in Broomhouse.

### ***Outcomes during 2008***

- 9,690 children and young people took part
- ✓ 5,541 boys
- ✓ 4,149 girls
- ✓ 42 hours each week of supervised, healthy and educational social recreation.

### ***Project finances for 12 months***

Sessional workers wages	£22,000	Grants & donations	£12,000
Facility hire	£1,040	Scottish Rugby Union	£6,000
Travel	£3,300	Local fund raising	£5,000
Volunteer training	£653	Forrester Rugby Club	£2,000
Event costs	£600		
Fund raising & admin	£1,750		
<b>Total expenditure</b>	<b>£29,343</b>	<b>Total income</b>	<b>£25,000</b>

**Project deficit was running at £4,343 by the end of the year**

## ***Acknowledgements***

The Trustees would like to thank all the many people who have contributed at fund raising events and especially the many individuals who have given their services on a voluntary basis.

The work of the Trust could not have continued without the generous support of the following organisations:

**David Phillips Furniture**

**The Friends of Scottish Rugby**

**Pleasance Trust**

**The Robertson Trust**

**Scottish Rugby Union**

**Sportsmatch**

***For further information about the Forrester React 2 Rugby Trust please contact:***

Jerry Saunders

E: [jerrysaunders@blueyonder.co.uk](mailto:jerrysaunders@blueyonder.co.uk)

T: 07711753030