



IMPACT REPORT 2022

Our mission

To remove barriers to participation in sport for young inner-city children, promoting physical and mental health, and offering opportunities to develop through sport.



Why we started

Spencer Lynx was born to address a lack of diversity at Spencer Hockey Club, which is not representative of our local community in South London. Our name reflects one of our key aims, that of forging community 'links'.

We wanted to bring hockey, the game we love, to a wider, more inclusive audience, starting with local state school children and their families. We wanted to instil a passion for hockey, and through that teach children the benefits of being physically active, while allowing them to develop as individuals and opening doors to opportunities.

Breaking down barriers to participation - The Lynx programme



We wanted something more than a drop-in session or a temporary fix. We devised a two-year programme of weekend hockey coaching for local state school primary children, which is entirely free of charge - no membership fee, all kit and equipment included.

The programme allows children to be active and learn hockey skills, while experiencing all the social benefits of being part of a Club - a new experience for the vast majority. At the end of the programme, children have attained a level of skill and experience that allows them to join a mainstream hockey club, with financial assistance if needed. The programme is recognised as an example of ground-breaking outreach work by the sport's National Governing Body, England Hockey.

We recruit children to the Lynx programme by delivering hockey sessions in schools which have high levels of pupil premium - our 'talent spot sessions'. We work with schools to reach those children who have had little or no opportunity to play sport, and who would most benefit from the programme. We aim for a 50:50 ratio of boys:girls.

We reward attendance milestones, to keep the children coming back, including unique bronze through gold awards, culminating with a rainbow award (inspired by the pandemic); and a 'hockey stick licence', entitling children to keep their own stick.

The programme is supplemented by after-school hockey in partnership with Hornsby House School; holiday camps at Spencer Hockey Club, which are free of charge to children on free school meals; and subsidised coaching during the summer months, to keep the children engaged and active.

Our children need help to be active

57.4%

(4 million) children do not meet the government recommended 60 minutes/day of physical activity

32.4%

(2.3 million) children do less than 30 minutes/day of physical activity

Activity levels have fallen post-pandemic for children from less affluent families. Activity levels remain lower for children from black, Asian, minority ethnic communities

These inequalities need to be addressed.



Source: Sport England Active Live Child Survey 2020/2021

Increased physical activity

Spencer Lynx provides each child with at least 1.25 hours physical activity at the weekend, for at least 26 weeks of the year – a time when parents have commented that children would not otherwise be active.

Of the most recent Lynx cohort, 74% members remained for the entire project. Attendance was very high, with 74% of members having an attendance record of at least 75%, and a whopping 40% having an attendance record of at least 87%. One member did not miss a single session.

Addressing inequality

With the help of our Partner Schools, we address inequalities in activity. Of our most recent cohort, 36% of children were on free school meals, and >58% of children were from black, Asian, minority ethnic families.

36%

of children were on free school meals

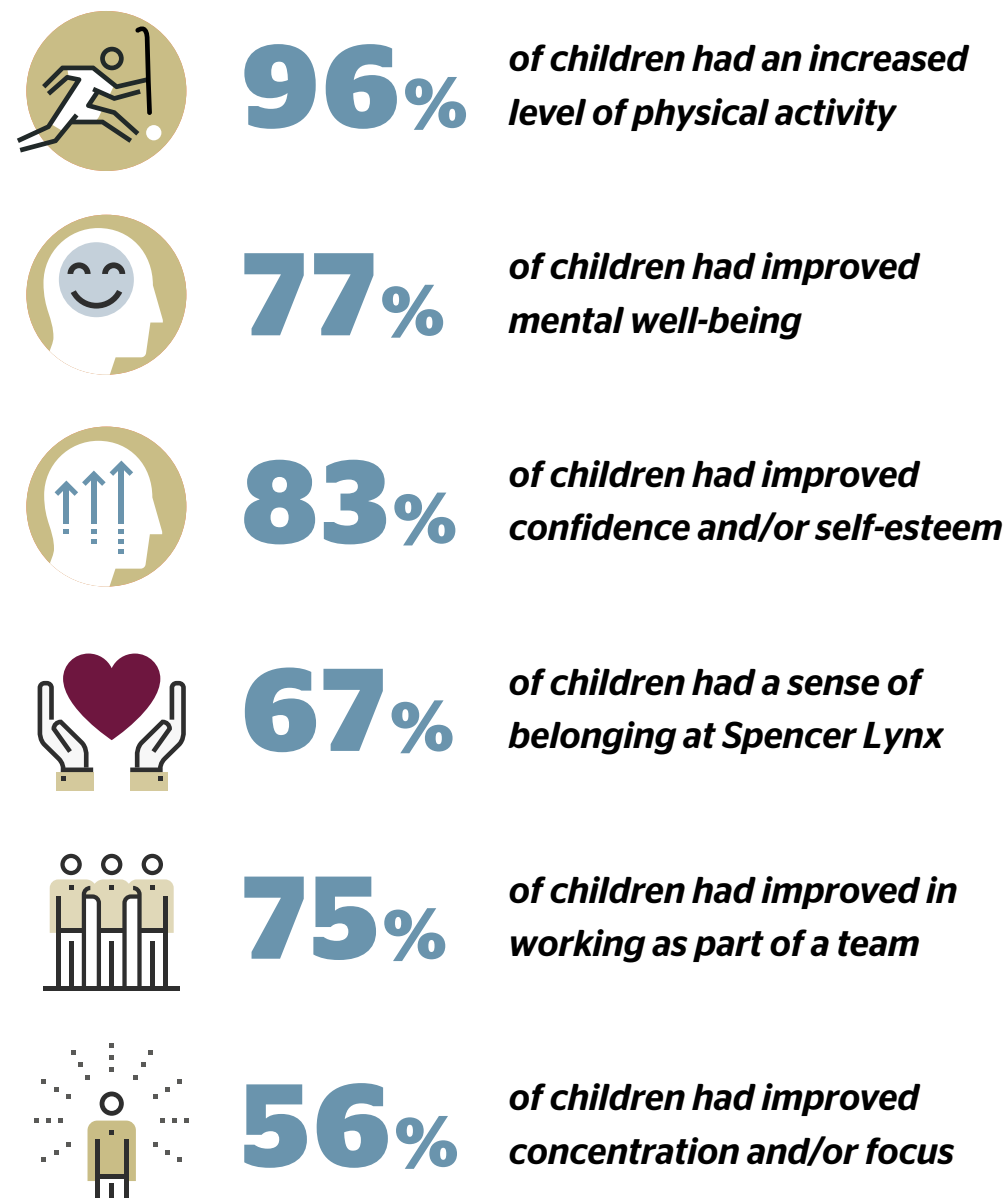
>58%

were from black, Asian, minority ethnic families

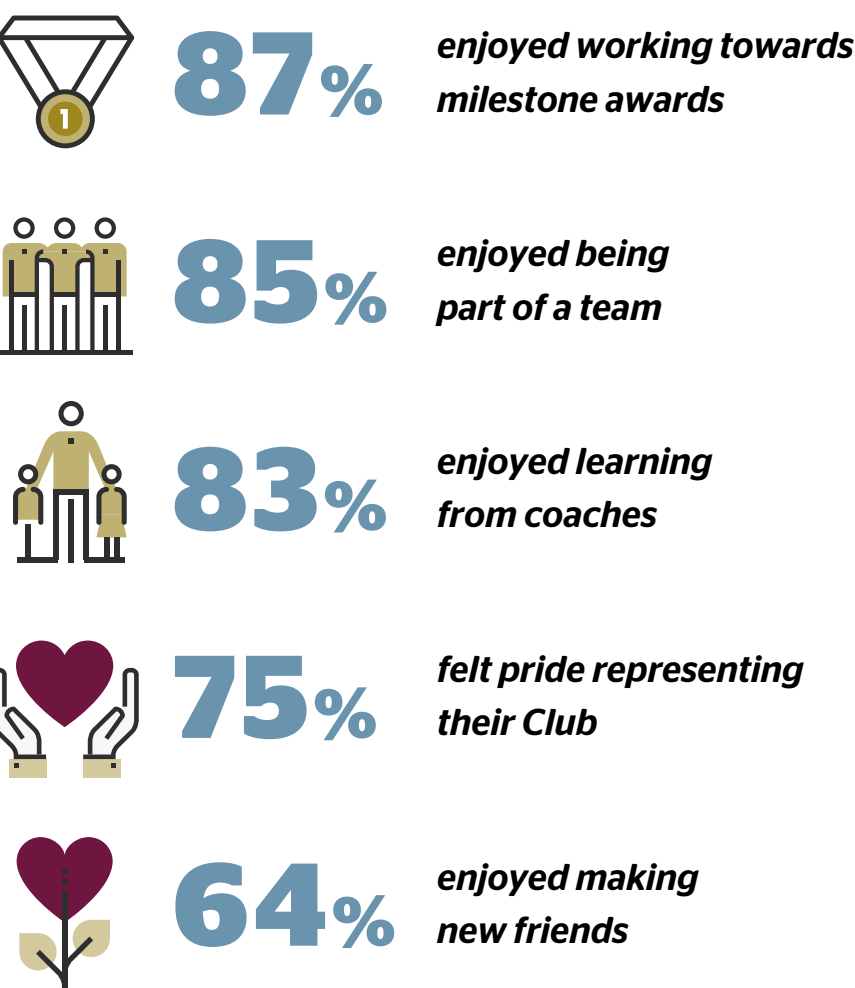


Our outcomes

Physical literacy



Children's views



Source: Parents' Feedback Questionnaire 2021



Inspiring the next generation

“If you can see it, you can be it.”

We know how important it is for children to have role models, and we have 3 of the best in our Spencer Lynx Ambassadors.

We believe passionately in offering opportunities around the sport, including for children to meet their heroes.

Rhys Smith
England & GB



Emily Defroand
Former England & GB



Darcy Bourne
England & GB

What do our Parents say?

"C is loving her new position and every week I see her pride at your encouragement, praise and positivity of her efforts. You are such an amazing club, thank you."

"J cannot wait to return and be reunited with his Spencer Lynx family. Thank you to all the coaches for the fun lessons, encouragement and praise you have shown him, and that he can be good at a sport if he tries."

"I think Spencer Lynx can certainly be recognised as being proactive by laying the important foundations for inclusion in hockey, as well as, racial and social diversity For that, you can all be incredibly proud, of what Spencer Lynx stands for."

"N has thoroughly enjoyed being a part of Spencer Lynx, as have I enjoyed watching her participate and grow each week. You all as coaches give fantastic support, energy and encouragement and create such a wonderful training atmosphere."

"We are so proud to be members of Spencer Lynx, not only has W received first class coaching from top players, but he is part of an environment that values every person and stands up for what is right. I can definitely see his hockey skills improve but also, with such positive role models, his character can only grow too."

"C's had a great first season and has found a passion for a sport he never played before. I've seen so much drive and determination in him that he never had before. He's made some great friends and even encouraged friends from school to play and his little brother!".

"J would love to continue hockey. It gives him a real focus and self-discipline."



What do the Schools say?

“We have seen their commitment to developing in the sport and transferring skills to other sports in PE.”

“The children who attend are more confident, healthier and have retained a lot of skills, which they share with their friends in school.”

“The children have higher self esteem.”

“The children have better physical health.”



Spencer Lynx in numbers

2,400+

children have played hockey in 'talent spot sessions'

21

Schools across Wandsworth and Lambeth

200+

*children have joined Spencer Lynx,
100 more will join in September 2022*

Leah
Spencer Lynx
Y1 Champion 2022
Hockey Mentors Project

50/50

Boys and Girls

39

*past Lynx members have joined
a mainstream hockey club*

5,400+

*children hours physical activity
per year at Spencer Lynx*

Timeline

Hockey stick
designs by
Lucas



**Feb
2019**

*Spencer Lynx
founded*

**Sept
2019**

*50 children
start the Lynx
programme*

**Feb
2020**

*Registered
as Charity
No 1188217*

**Sept-Oct
2020**

*Talent Spot
sessions,
12 schools*

**Dec
2020**

*Second
COVID
lockdown*

**Oct
2020**

*Lynx 1 start 2nd year
70 Lynx 2 start
the programme
Launch of Youth
Council (below)*

**Jan
2021**

*Online skills challenges,
and competitions,
including Design a
stick and 'If hockey
were an animal...'
see Jamal's winning
entry [here](#)*

**Feb
2021**

*Online hockey
sessions*

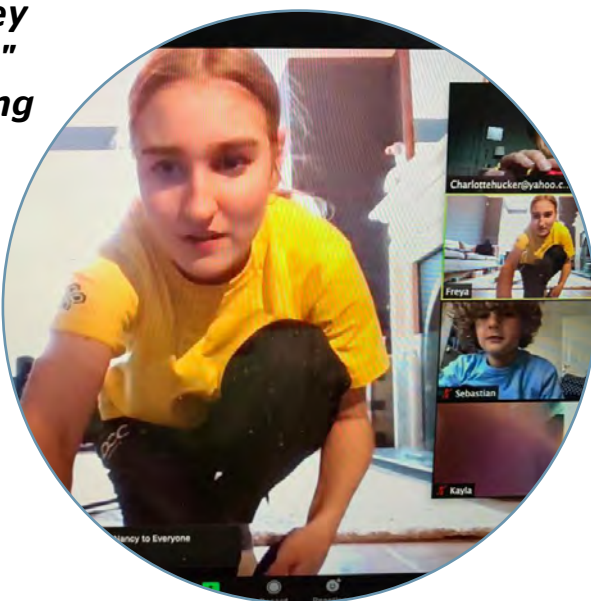
**June
2019**

*First
'Talent Spot'
sessions,
10 schools*



**March
2020**

*First COVID
lockdown*



Timeline

**March
2021**
*Lynx Bursary
Fund launched*

**May
2021**
*England
Hockey visit
Spencer Lynx*



**June
2021**
*Talent Spot
sessions,
13 schools
Partnered
Wandsworth
School Games*

**Sept
2021**
*Lynx 2 start
2nd year
84 Lynx 3 start
the programme
19 Lynx 1 members
join Spencer
Hockey Club*



**Jan
2022**
*Hornsby House
Partnership:
After-school
hockey*

**May
2022**
*Subsidised
Summer
Hockey*



**June
2022**
*Jubilee
Tournament*



**June
2022**
*Talent Spot
sessions,
15 schools*





Spencer Lynx is registered as Charity Number 1188217

Our Trustees are Marcia Gurney-Champion, Charlotte Hucker, Donna Kirby, Karen Price and Amrita Sheldon.

We have been recognised by our National Governing Body, England Hockey, as a ground-breaking outreach programme.

If your School would like to be involved in Spencer Lynx contact us at SpencerLynxHockey@gmail.com

If you would like to sponsor or otherwise support us please email SpencerLynxHockey@gmail.com

To get a flavour of Spencer Lynx in action, watch the video **Inspiring the Next Generation** by clicking on the link.



Design The Ayres Design Company david@theayres.co.uk Photography and video © England Hockey and Sarah Elisabeth Photography. (Photos pages 1, 2, 4, 8, 9, 10 left hand side).

