



activefusion



**FRIENDS OF
ACTIVE FUSION**

MISSION

To help every child develop a love for being active by unlocking potential and creating positive habits for life.



Our Vision...
Be the best you can be

OUR VALUES



DEVELOP

We strive to develop the whole person, giving them the best start in life



CHALLENGE

We challenge ourselves, and others to be the best they can be



PASSION

We show pride, enthusiasm and dedication



PROFESSIONAL

We are professional in all the work we do, striving for perfection



INCLUSIVE

We provide inclusive services, believing that everybody has the opportunity to be as active and healthy as they can possibly be



INTEGRITY

We will do what we say, demonstrate good character and encourage a relationship of mutual trust and respect



Be the best you can be!

WHO WE WORK WITH

Education

We work with schools and teachers to improve the teaching and learning of Physical Education. Providing opportunities for young people aged three to twenty-four to have the best experience of physical activity possible during their time in education.

We train teachers to become more confident and competent in the teaching of Physical Education. Ensuring that children have a varied, interesting and exciting experience which stimulates their social, emotional and cognitive development as well as their physical capability.

We recruit and train apprentices to work in schools delivering physical activity sessions, increasing the capacity of schools to provide children with more opportunities to take part in physical activity as well as developing the experience, skills and confidence of the apprentice.

We run leadership courses for both young adults and children, giving them the opportunity to improve their confidence, resilience and communication skills through sport.

These areas of work are the foundation of all Active Fusion projects.





Communities

We run sports holiday camps for children when they are not at school, ensuring they have every opportunity to stay active outside of Physical Education.

We take an active role in local projects such as the Get Doncaster Moving project, ensuring that we influence initiatives to get the wider community more physically active.

We encourage young people to volunteer and work-shadow our projects, furthering our capacity to deliver high quality Physical Education to children at the same time as providing young people and adults with the opportunity to enhance their skill set.

Businesses

We work with businesses who are passionate about giving back to the community and believe in having a happy, active and healthy workforce. We would love to work with you to develop this ethos in your organisation.

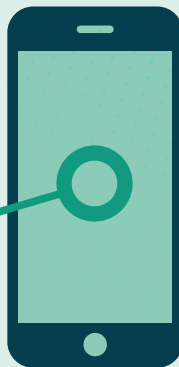
We invite you to read on to find out more about working with us as a business.

OUR IMPACT

Technology Use & Family Communication Per Week

On average, children spend **23 hours** on **tablets, mobiles and consoles** per week and **12 hours** speaking to their parents.

23
HOURS
per week



...using
tablets,
mobiles
and
consoles

12
HOURS
per week...

...speaking
to parents



Active Fusion has worked with
40 families to help them
become active together.

Preparing For Work

Approximately
50% of UK businesses
feel schools and colleges
are not equipping all
young people with skills
they need to succeed
including resilience and
communication.

50%

Active Fusion has helped
develop essential
life skills, such as
confidence, resilience and
communication, of
2,800 young people.

OUR IMPACT

Physical Activity Per Day



17.5% of young people are achieving the recommended amount of physical activity a day.

Active Fusion has worked with **27,000 young people** to enable them to live more active lives and has **trained 1,619 young people and adults** to teach others how to be active.

Happiness Levels



Active Fusion has engaged more than **16,000 young people** in sports competitions.

79%



79% of 5–11 year olds feel happier when they are active

Workforce Productivity

Organisations with active workforces are more productive, have lower sickness rates and less staff turnover.

100% of participants in the Active Teams workplace challenge reported increasing their activity levels.



Be the best you can be!

OUR APPRENTICES

We believe in providing opportunities for all young people to reach their full potential.

James is an Active Fusion apprentice, and this is his story...

James, 25, always dreamed of having a career in sport. Football, cricket and working with children are his passions and he loves inspiring others through physical activity. James has autism and has unfortunately faced several challenges on his journey to becoming an Active Fusion apprentice.

He was told his ambitions were too high and that he should try something "simpler". However, James sought out volunteering opportunities with Active Fusion and it wasn't long until he became an apprentice. He said: "My confidence and organisational skills have improved since working with Active Fusion. My advice would be to go and do what you want to do and don't let anything hold you back." James now holds several coaching qualifications and runs his own disability football team.

Help us to help more people like James, by sponsoring one of our apprentices.



WORKING WITH FAMILIES

We want to support families to get more active together by enhancing their physical, social and emotional development.

Rachel has been taking part in our Active Start sessions with her children, she said:

"The sessions have been much more fun than when I was at school. I remember sitting in the corner because I didn't want to join in, but here the Active Fusion coach joins in.

Active Start means I don't have to find additional childcare and at the same time spend more time with my children.

Active Start has been my support network. It gets me out of the house and provides me with opportunities to play with my kids."



**Please make a
charitable donation
to help us increase
the amount of Active
Start sessions we run.**

Be the best you can be!

WORKING WITH SCHOOLS

We believe learning is all about feeling happy and confident whilst learning new skills at the same time.

Arksey Primary School take part in the Fusion Leaders project, which is all about getting children to confidently communicate and work together whilst simultaneously encouraging physical activity.

Overseeing the project is lunchtime supervisor Lisa. She said: "The children are really involved and absolutely love organising games.

They've been interacting together well. It's all about teaching them how to socially interact."



Sponsor a local school to train more young sports leaders.

WORKING WITH BUSINESSES

We want to work with businesses who are passionate about giving something back to schools and communities.

Matthew Lawrie, from Doncaster Chamber, recently became an Active Fusion trustee.

"I am excited about getting involved and shaping the charity over the next few years. When I attended an Active Fusion event, the immediate atmosphere was one of excitement and it was great to see so many kids being active. The charity is making a major difference to the physical and mental wellbeing of children as well as providing young people with training, education and the experience to help them to become successful in life".

Help us to drive our mission forward by supporting our charity through corporate social responsibility.



Get in touch with us to see how you can support us through corporate social responsibility.

Be the best you can be!

OUR VOLUNTEERS

We want to give young people as many opportunities as we can to develop themselves through training.

We deliver a range of accredited sports leadership qualifications designed to help young people and school staff improve the confidence and competence in leading and teaching children.

Tea Riley is an Active Fusion volunteer who has given many hours of her free time to become a sports role model to younger children.

"I decided to take part in the course because I wanted to develop techniques to help children learn. I've developed loads of new skills and my confidence has grown too.

I enjoyed the course so much. It has taught me how to adapt my coaching skills in different situations and it's amazing to see how far I've come and how much I've grown as a coach.

The opportunities the course has given me have been amazing, I am a different person now".



Sponsor more young people to access leadership training and development opportunities.

WORKING WITH BUSINESSES


We believe that physically active work places have happier, more motivated and productive employees. That's why this year we launched our very first virtual challenge - Active Teams.

We challenged organisations throughout Doncaster to get active and found that everyone who took part improved their physical and mental wellbeing and incorporated exercise into their daily routine.

Sophy and Helen said that Active Teams could be a big help to organisations looking to trigger a shift in workplace ethos and culture towards physical activity.

They said: "Physical activity brings colleagues together. Active Teams helped us to get into an active routine, whether that was a walking meeting or a lunchtime jog. We all stuck to the activity because we didn't want to let our colleagues down."

"When we go for a walk or jog, we return feeling refreshed and motivated to get back to work. If employees see everyone taking responsibility for their health and wellbeing, including senior members of staff, it would show that everyone is supported in being physically active during the working day."

A photograph of two women, Sophy and Helen, jumping joyfully in front of a large window. The woman on the left is wearing a green long-sleeved top and tan trousers, while the woman on the right is wearing a yellow long-sleeved top and black trousers. Both have their arms raised in the air. The background shows a modern building with large glass windows and some indoor plants.

Let us speak to your teams about improving their physical and mental wellbeing.

Be the best you can be!

OTHER WAYS TO WORK WITH US

Nominate us as your charity of the year or make a donation

If you'd like to give something back to the community, nominating us as your Charity of the Year is an ideal way to give your brand visibility, raise consumer perception, leading to improved financial results. Working with us can help positively change your business and work culture.

We invite you to read on to find out more about working with us as a business.

Sponsor our programmes

Over the last year, we have improved the lives of 27,000 young people – but we're always looking to find the next child we can help. By sponsoring one of our programmes we would be able to have a greater reach impacting on more young people. Get involved with our programmes:

- Leadership and apprenticeship
- Early years and family engagement
- Special educational needs & disabilities
- Girls and young women
- Sports competitions and festivals





Help us improve your workplace health and wellbeing

Championing a healthy workplace and empowering your employees to look after their health and wellbeing can benefit employers considerably. In the long-term, this can also lead to improved business reputation and profile. We are experts in running events, competitions, health and wellbeing in the workplace and team building.

Andy Lockwood, a Professional Development Manager from Leeds University said: "Active Fusion professionally organised and executed our staff away day. They provided an award winning keynote speaker along with delivering team development training for over 60 members of staff. The day was insightful and stimulating leaving staff feeling engaged and motivated."

Share your experience and expertise

Every business relies on in-house expertise to operate successfully and we're no different. However, the more money we have to spend on operational overheads, the less we have to spend on our delivery work.

We're keen to work with and collaborate with other businesses that could add value and specialist skills to our team. If you're able to donate some of the resources you have readily available to reduce our overheads or you're able to make a donation of professional services or time, you could make a fundamental difference to the number of beneficiaries we reach. Please get in touch.



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