

## THREE PILLARS OF LYR:



### 1 ENGAGEMENT

Inspiring thousands of young people to get active through rowing. Sport England, Tideway, and Quintain fund the Active Row Programme across 12 priority London Boroughs. Now heading into its fourth year, Active Row is at the forefront of grassroots rowing.

### 2 LIFE SKILLS

Developing confidence and employability skills through rowing and mentoring. Sessions focus on life skills such as teamwork, communication and goal setting. Breaking Barriers is the primary mentoring programme, while Alternative Provisions rowing supports young people in returning to mainstream education.

### 3 COMPETITION

Providing opportunities for young people to further their rowing careers. Our squads row at Thames Tradesmen Rowing Club, Globe Rowing Club, 1863 Club and Mossbourne Federation Rowing. Each year, we host the National Junior Indoor Rowing Championships (NJIRC), providing a platform for 2000 rowers from competitive and grassroots backgrounds to experience the excitement of high level competition.

LYR's Board consists of 10 trustees (4 female) from a variety of professional backgrounds including HR/recruitment, financial services, local government and major event planning, together with an Olympic rower and Paralympic Coach. LYR has achieved full compliance with Tier 3 of the Sport England Code for Sports Governance, putting LYR's governance on the same level as that required of individual sports' National Governing bodies.

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Royal Docks Adventure  
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Charity Number: 1122941  
www.londonyouthrowing.com

## CHAIRMAN'S WELCOME

Thank you for taking the time to read about London Youth Rowing (LYR). This year's Annual Review celebrates everything we have achieved and invites you to read the inspiring stories of participants whose lives have been impacted by our programmes.

Our mission remains the same - to open access to indoor and on-water rowing to young people from all backgrounds and abilities across London. We have continued to deliver on this through our engagement, life skills and competitive programmes.

This year, Active Row, made possible by the incredible support of Sport England, Tideway and Quintain has engaged 2880 young people in 64 state schools from the most deprived areas of London. Our Life Skills programme, Breaking Barriers, is now an established pathway preparing young people for further education and employment opportunities. This is complimented by the work we do with Alternative Provisions, that has been remarkable in transforming participants' attitudes and outlook on their future.

In February 2020 we hosted the 14th National Junior Indoor Rowing Championships (NJIRC) at the Copper Box Arena on the Queen Elizabeth Olympic Park. As always, it was an awe inspiring event, attracting 1875 competitors. Our Race the Thames corporate fundraising event again made a huge difference to the event on the day and will continue to support LYR throughout the rest of the year. Thank you to the 18 teams that took part that raised over £35,000. It was also sadly the last event held in the 2020 rowing calendar before the U.K. went into lockdown due to the Coronavirus pandemic.

LYR were quick to respond to government guidelines and suspended all programme activity immediately. Staff were able to work from home and did their best to keep participants engaged and active from afar. The LYR team pulled together to support one another, families and friends, and still kept the LYR mission alive. As a charity it was challenging, but as a team it allowed for a true display of everything we stand for. I want to thank everyone who has helped us work through these difficult times.

This year has proven that the future can be wildly uncertain. However, we are confident that LYR's mission is invaluable for the communities with whom we work and we aim to push the limits of what's possible in the coming year. Thank you for your ongoing support.

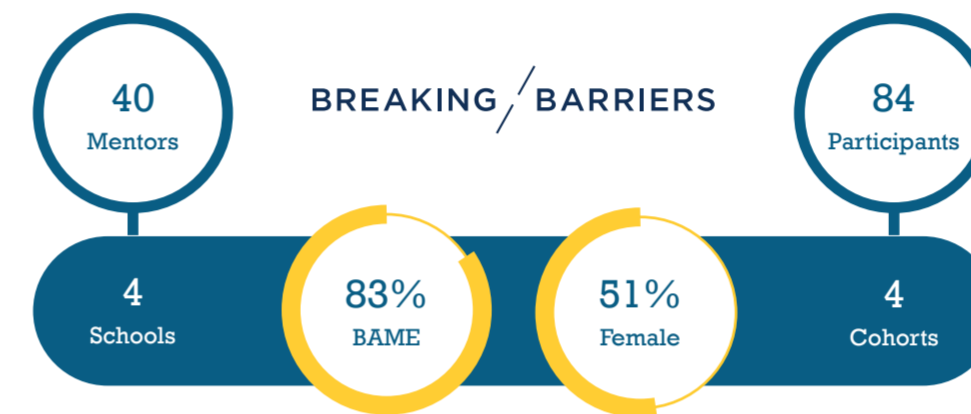
John Kinsella,  
Chairman, London Youth Rowing

## LIFE SKILLS BREAKING BARRIERS



"From the programme I've learnt how to be more confident in myself and I also had an opportunity to learn how to write a professional and good CV. I heard of the Tideway [work] experience from some friends and decided to take part, and it was worth it. From the programme I've developed multiple skills that would be useful in the future. I've learnt how to organise my time efficiently and I've also learnt how to work in a team and be productive and hardworking."

Asiya, Year 10  
Harris Academy Bermondsey



Breaking Barriers launched six years ago with the aim of using transferable skills naturally learned in rowing, to help develop participant confidence and support employability pathways. Working with mentors from six corporate partners, this year has seen an increase in the overall number of participants, and the percentage of BAME participants.

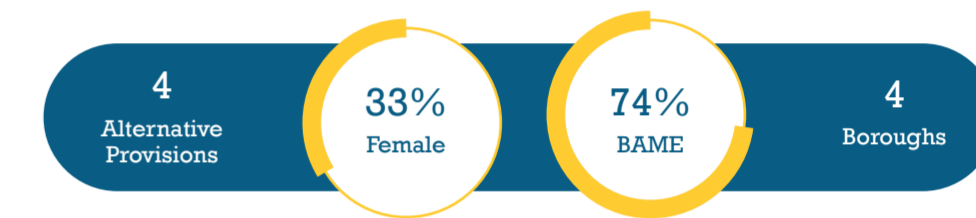
## LIFE SKILLS ALTERNATIVE PROVISIONS



"Students who attend our provision have faced many failures in life in general, with exclusion from school being a significant one. Our students do not often have the opportunity, nor can they fight against the social stigma attached to being involved in such activities, as for many it is culturally so different from any experience they have ever had."

Rowing as a sport challenges individuals both physically and mentally, and I often am amazed when I watch children's confidence grow not just across a term working with rowing instructors, but often within an individual session. Rowing on the water tasks children to be able to communicate effectively to move as one body, with communication both verbal and non-verbal being a real issue for most students."

Teacher  
London East Alternative Provision



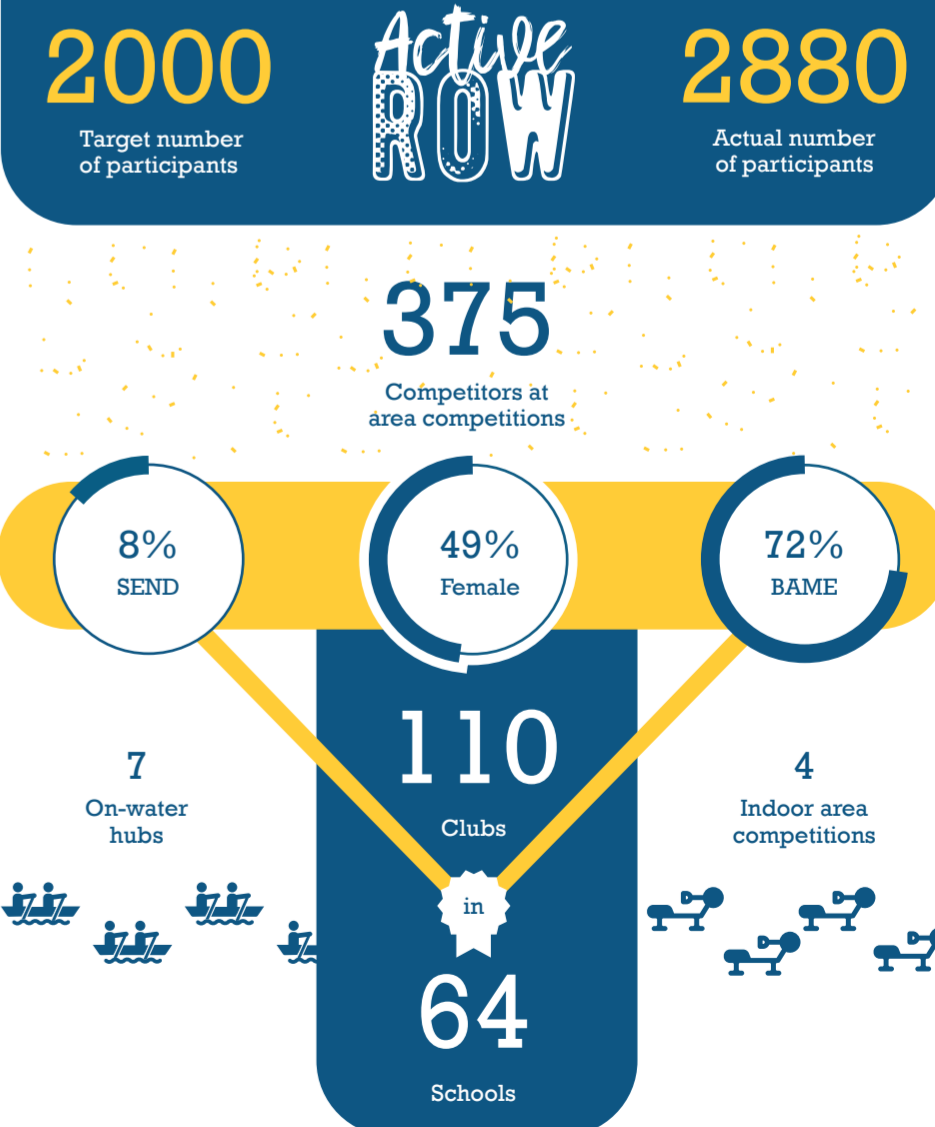
Thanks to funding from the Worshipful Company of Vintners, our Alternative Provision programme enables us to reach out to those young people most in need of the opportunities and benefits that rowing can provide. The rowing programme offers positive structure and builds confidence. We continue to have strong relationships with London East Alternative Provision, New Rush Hall, New Regents College and Arco Academy.

## ENGAGEMENT ACTIVE ROW



"I feel stronger and healthier. Through rowing and other exercises, I feel more confident with myself than I was before."

Active Row Participant  
The Ursuline Academy Ilford



With the continued support of Sport England, Tideway and Quintain, our mission to tackle inactivity in young people across London continues. This year the programme remained focused on 12 priority London Boroughs based on the London Poverty Profile. Active Row is changing the landscape of grassroots rowing and broadening the definition of rowing.

Follow us on:

@LYRowing | londonyouthrowing | @londonyouthrowing



ANNUAL REVIEW  
2019 - 2020

Thames Tradesmen's Rowing Club

The Chiswick boathouse on the River Thames is home to LYT Tradesmen's Juniors, our West London competition squad. LYT also provides coaching support for the 1863 junior rowing programme and delivers learn to row courses from this site.

Queen Elizabeth Olympic Park

During the summer months, LYT runs learn to row courses and Active Row sessions at the iconic Olympic Park. This year, in partnership with the London Legacy Development Corporation and the Canal & Rivers Trust, we have established a permanent rowing pontoon on the Olympic Park.

Fairlop Waters Rowing Club

Fairlop Waters in Redbridge is the base for Fairlop Rowing Club, which LYT helps to run as an open club for young people from North East London. LYT also uses Fairlop to run regular learn to row and Active Row on-water sessions.

Shadwell Basin Outdoor Activity Centre

Shadwell provides LYT with a base to offer fixed seat rowing in East London. School pupils can master the basics in the enclosed dock before heading out onto the River Thames.

Royal Docks Adventure [RDA]

In partnership with the London Borough of Newham and RADT, LYT runs over 7000 on-water sessions each year for young people from Newham and the surrounding area at the Royal Docks Adventure. The centre is also the main base for LYT Globe Juniors, our East London competition squad and a key site for Active Row on-water sessions. The 2000m course, indoor rowing tank and indoor training space provide an unmatched facility for LYT to use.

LYT HQ  
Royal Docks Adventure

Globe Rowing Club

LYT partners with Globe Rowing Club to run a junior competition squad for East London. LYT Juniors use the facilities at Globe's boathouse in Greenwich and access the River Thames, alongside training at Royal Docks Adventure.

Broomhouse Dock

In partnership with Tideway and Hurlingham Yacht Club, LYT offers fixed seat rowing from Broomhouse Dock. Fixed seat rowing provides a quick, easy and safe way to try the sport. LYT runs rowing sessions for both Active Row and Breaking Barriers from Broomhouse.

Mossbourne Federation -  
Mossbourne Victoria Park Academy

Mossbourne Federation  
Mossbourne Community Academy

In partnership with the Mossbourne Federation Secondary Schools in Hackney, our Coaches deliver a performance rowing programme. Land training takes place on each school site, with on-water training located at the Royal Docks Adventure. Both schools are also part of the Active Row programme.

Barn Elms

LYT works in partnership with the Barn Elms boathouse to enable young people from our Active Row schools in South West London to try on-water rowing on the River Thames.

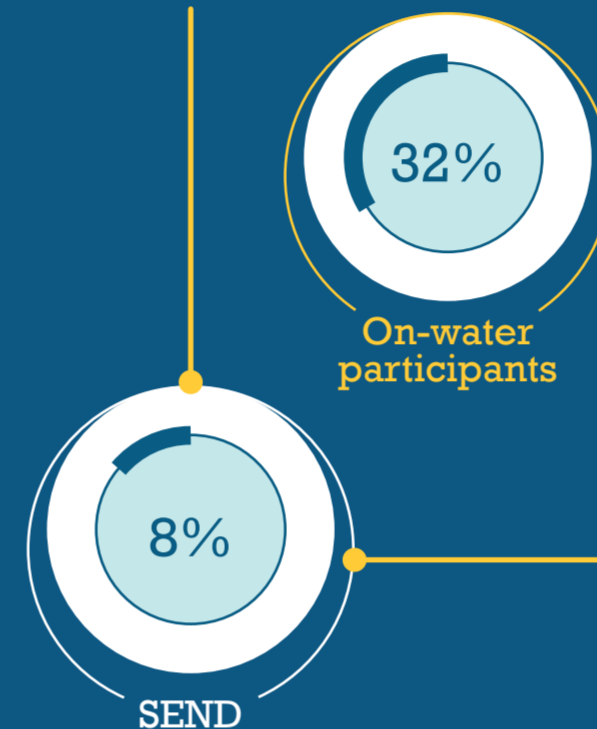
Surrey Quays Watersports Centre

Surrey Quays Watersports Centre is a base for Active Row Schools and Breaking Barriers sessions in South East London. This year, we launched a weekly Active Row hub that continues to be popular during term time and school holidays. The sheltered dock is an ideal site for beginners to learn to row.

LYT Priority Boroughs (Active Row)

£1 million

Turnover



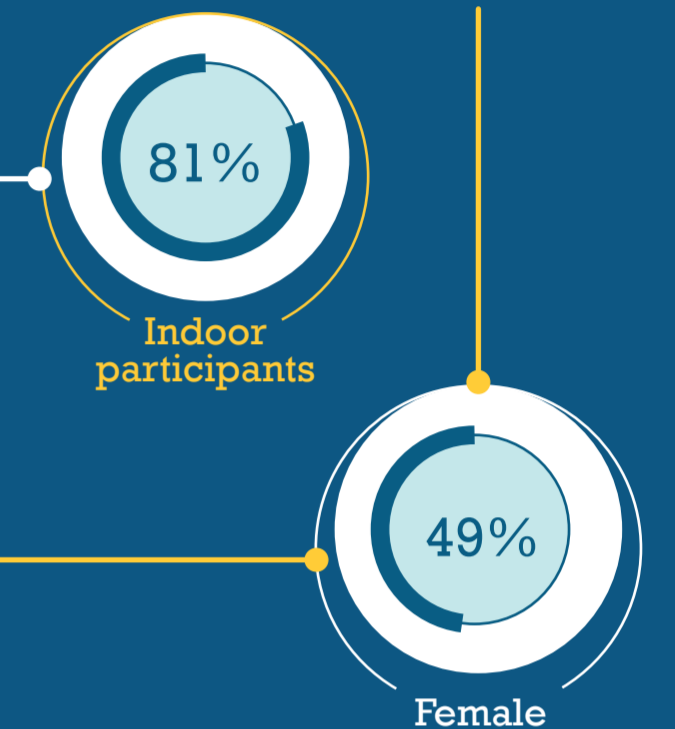
LYT

5,412  
Total number of participants



36,081

Throughput



COMPETITION  
NJIRC



NJIRC 2020

NATIONAL JUNIOR INDOOR ROWING CHAMPIONSHIPS

22  
Festival of sport activities

1,875  
Competitors

53  
Active Row schools

147  
Schools and clubs

200+  
Volunteers

146  
Rowing machines



THANK YOU



Members

- The Fishmongers' Company
- Trinity House
- The Worshipful Company of Carpenters
- The Worshipful Company of Scientific Instrument Makers
- The Company of Watermen and Lightermen
- Jim Downing BEM

Supporters and Partners 2019 - 2020

Active Row

- Sport England
- Tideway
- Quintain

Breaking Barriers

- BT Supporters Club
- Tideway
- CVB
- BMB
- PLA
- Wellington
- Cushman and Wakefield
- Peter Harrison Foundation

Royal Docks Adventure

- London Borough of Newham
- Sea Cadets
- Royal Albert Dock Trust

Special Educational Needs and Disability Awards for All

- Alternative Provisions
- The Vintners Company

Mossbourne Rowing

- Mossbourne Federation
- The Leander Trust

NJIRC & Race the Thames

- Henley Royal Regatta Charitable Trust
- Concept 2
- Euromonitor
- Verdion
- GILL
- London Legacy Corporation

Clubs

- Thames Tradesmen Rowing Club
- Globe Rowing Club
- Fairlop Rowing Club
- 1863 Club

General

- Winkworth
- The Schroder Foundation
- The Worshipful Company of Dyers
- The Worshipful Company of Carpenters
- Comic Relief

In February 2020, London Youth Rowing hosted the 14th National Junior Indoor Rowing Championships (NJIRC) at the Copper Box Arena, in the Queen Elizabeth Olympic Park. The Festival of Careers and Sport included exhibits ranging from Wheelchair Basketball and West Ham United to Thames Skills Academy and the British Horseracing Authority. In addition, NJIRC's corporate counterpart, Race the Thames fundraising event, raised £37,526 for LYT programmes.