



ANNUAL REVIEW
2020 - 2021

CHAIRMAN'S FOREWORD

For London Youth Rowing, as for everyone else, the last year has been a year like no other. Faced with the challenges of Covid-19, closed schools, mothballed rowing clubs and remote working, our mission remained unchanged - to open access to indoor and on-water rowing to young people from all backgrounds and abilities, to help them be physically active and to develop life skills for their futures on and off the water. I am proud to report that LYR has delivered brilliantly on this mission, despite all the unprecedented circumstances of the last twelve months.

Unable to run our normal programmes due to Covid-19, the LYR team innovated with impressive speed. Coaches launched weekly online workout sessions, alongside “how to” tutorials covering various aspects of our sport. Club coaches ran daily online workouts, open to all, with content shared through social media and our network of teachers and schools to help young people remain despite lockdown. When restrictions eased, we re-introduced face-to-face sessions at the earliest safe opportunity, carefully following Government and British Rowing guidelines. Our online engagement culminated in the unbelievable twin successes of Race The Thames 2021, with over 180 teams taking part, and the first ever Virtual National Junior Indoor Rowing Championships, held in May, in which over 4,100 young people took part.

We also used the year to plan and build new partnerships. Appropriate use of emergency funding opportunities and the Job Retention Scheme helped ensure LYR's financial stability, alongside the flexibility offered by all our funders. Thanks to this support, LYR is well placed to emerge strongly from the pandemic. There is lots of work to be done. The impact of the pandemic on young people has only made our mission more vital and urgent. In 2021, we will re-launch our Active Row programme in London and in Leeds, our first major programme outside the M25. A new Talent Inclusion programme will build better pathways for young people from underrepresented groups into rowing, while a new coach development programme will establish the next generation of grassroots coaches to support them.

This year has shown that even when faced with great uncertainty, LYR will rise to the challenge and deliver for the young people it supports. My sincere thanks go to everyone who has supported LYR through this most challenging year.



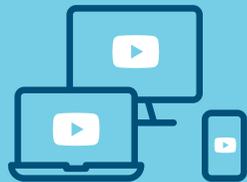
John Kinsella,
Chairman, London Youth Rowing



WHAT WE DID



You Tube
Video Engagement



5129
Unique Views

2758



Active Row Videos -
Number of Views

754



Live
Sessions

1617



West London
Coach Group

ACTIVE ROW 2017-2021

Supported by Sport England, Tideway and Quintain, Active Row has impacted the lives of young people in London over a 4-year cycle. Focused on 12 priority boroughs and based on the London Poverty Profile, the programme is tackling inactivity and changing the face of the rowing community. An unprecedented year saw innovation, connecting with schools virtually via online competitions, and indoor training sessions, as well as by sharing videos and other resources. From 2021, the renewed programme will include an increased emphasis on developing life skills and SEND participation supported by City Bridge Trust.



The first three years... (2017/18, 2018/19, 2019/20)

Total Participation

on average worked with over 2800 young people each year

2,936

Max annual
participation

6280

Unique
Participants

78

Partner Schools
and youth clubs

Activities delivered include indoor rowing, on-water rowing, fixed seat rowing and skills workshops

More than 2400 young people from Active Row took part in NJIRC through 2018,2019 and 2020

43% Female Participants

9% Participants had disability or special educational needs

68% Participants came from an ethnic minority group

I joined the Active Row club because it looked fun and a physical activity I would enjoy. Rowing has taught me bravery, resilience, and coordination and how to be a better listener. I feel like I am a changed person. I am a proud, independent young teenager. A confident teenager. I feel like I have achieved something.

Awa,
Harris Academy Bermondsey

Active Row teaches me how to trust people in my team and listen to them. I've learnt to conquer my fears and I've learnt how to be resilient. Rowing makes me feel calm and relaxed. It's fun and a good way to socialise with my peers.

Naira,
Harris Academy Bermondsey

Prior to starting rowing, I was concerned about her at times. She's gone through so much over the past 3 or 4 years and her confidence was really low. When she started rowing, she flourished into an unrecognisable young woman. It made such a big difference, and it's why I really want her to continue with LJR at some level. She's doing really well now.

Parent of a LJR student,
St Angela's Ursuline school

Our students are actually on the Thames, in a boat, it's fantastic! It's amazing! This opportunity is unique for them, to try a different sport, work on their teamwork and communication. It inspires others to get involved and be active. New friendships will definitely come from it!

Kirsty Rowlands,
Ellen Wilkinson School for Girls

LYR LOOKING FORWARD



NATIONAL JUNIOR INDOOR ROWING CHAMPIONSHIPS

NJIRC 2020

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. It was one of the few rowing events that was able to run during the year. Running alongside NJIRC, 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 fundraising counterpart, Race the Thames raised £37,526 for LYR programmes. The event was once again supported by the Henley Royal Regatta Charitable Trust.



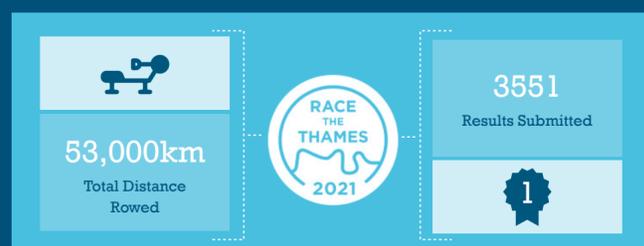
NJIRC 2021 VIRTUAL

Due to the Covid-19 pandemic, LYR ran NJIRC virtually, providing an opportunity to compete for all the schools and clubs that had missed other events throughout the year. Taking NJIRC online widened access to the event, and entrants came from much further afield than usual. To replicate the look and feel of the Copper Box Arena, there was a virtual LYR Arena. And using a very simple process, teachers were able to submit large numbers of entries quickly and easily. With over 4,100 entries from across the UK, as well as from South Africa too, it was the largest NJIRC since the competition began.



RACE THE THAMES 2021

Race the Thames took place virtually in 2021 and was a huge success. 180 teams from 19 countries raised over £120,000, benefitting both LYR and nearly 40 other charities and organisations. LYR offered participants the opportunity to fund the planting of a tree as an alternative to taking a medal, and as a result, 750 trees were planted. Hopefully this change will lead to annual additions to the LYR forest in the future.



CORPORATE TEAMBUILDING

Teamwork, communication, problem solving and goal setting are all key ingredients for success in the workplace. Rowing is well placed to develop all these skills in any team and will allow colleagues to learn a new skill together, communicate as a group and really enjoy the process of stepping out of their normal environment. LYR runs a series of Corporate Teambuilding sessions in a variety of locations across London.

Our students work really hard up to NJIRC and get to experience an amazing event where they can push themselves to achieve and compete against other young people from all over the country. It's an opportunity to experience something new and exciting.



It demonstrated to me, even more what LYR can achieve and how special the team is - well done! On a personal level, it spurred me on to get out there and clock up the miles which I thoroughly enjoyed. My family team that was doing it loved it so much we are making our way back up the Thames now!

TALENT INCLUSION (OPEN CLUBS & LYR BOAT CLUB)

The LYR Talent Inclusion programme brings together a series of LYR "Open Clubs", youth club style weekly sessions which encourage young people to move from the Active Row engagement programme to rowing independently. The Open Clubs act as a steppingstone to LYR Boat Club, a new water sports club with inclusion as its core ethos. The Talent Inclusion programme is funded by Sport England and GB Rowing.

ALTERNATIVE PROVISIONS PROGRAMME

LYR's Alternative Provisions programme focuses on using rowing as a tool to support young people excluded from mainstream education. The programme, funded by The Vintners' Company, works with up to 10 groups per year from Alternative Provisions and Pupil Referral Units across London. Pupils are challenged to engage with on-water rowing and build confidence, control, and focus while learning to work as a team. LYR supports young people to begin a transformational journey, helping manage their behaviour with the goal of re-entering mainstream education.



LYR CHAMPIONS

In 2020 the charity launched the LYR Champions funding package. LYR is delighted that so many individuals and organisations believe in the charity's mission. LYR Champions is a great way to support the work of London Youth Rowing, particularly for people who are not able to donate large amounts or take part in events. As an LYR Champion our supporters are able to directly benefit our indoor and on-water rowing programmes. For more information about becoming an LYR Champion, visit: www.londonyouthrowing.com/lyr-champions

MOSSBOURNE ROWING ACADEMY

The Mossbourne Rowing Academy runs in two state secondary schools in Hackney and provides a school rowing programme comparable to those at leading private schools, at no cost to the young people taking part. All pupils try in indoor rowing in years 7 and 8, with additional on-water tasters. From Year 9, the Rowing Academy focuses on building to performance rowing. Over 100 pupils from highly diverse backgrounds train multiple times per week, guided by a team of LYR coaches.

THE STEP-UP COACH DEVELOPMENT PROGRAMME

The Step-Up Programme aims to ensure LYR's coaches are the best they can be. Through the programme, funded by The Henley Royal Regatta Charitable Trust, LYR recruits coaches from a diverse range of backgrounds, looking well beyond "traditional" rowing coaches. LYR believes this will help make its programmes even more engaging and accessible for the young people we work with.

QUEEN ELIZABETH OLYMPIC PARK

In 2021 LYR will take control of a new dedicated watersports pontoon on the Olympic Park. This will form the newest on-water site for LYR and build on the legacy of LYR's operations on the park since the 2012 London Olympics. LYR hopes the pontoon will be operating in time for us to use the site to offer rowing and other water sports to local schools, the local community, and corporate partners. Working with the London Legacy Development Corporation and Volunteer It Yourself, LYR will build a storage and operations "hub" at the site to allow the pontoon to be used as much as possible. The hub will be funded by LYR's long-term partner, Tideway.

OARSOME CHALLENGE

There is no better way to connect with the River Thames than by rowing on it. For three years LYR worked with Tideway to develop the Oarsome Challenge event and helped them raise more than £100,000 for river-based charities. During those three years, the event brought together hundreds of Tideway's project staff, almost all of them with little or no experience of rowing, in a shared experience which very few people can lay claim to – rowing through the centre of the capital, enjoying unique views of its major landmarks, while taking on the physical and team challenge to row a 'skerry' or 'cutter' boat on tidal waters. LYR will be running Oarsome Challenge events in the coming years to share this unique experience more broadly.

ACTIVE ROW LEEDS



LYR is working with RowLeeds to roll out the Active Row programme in Leeds. The project aims to work with up to 25 local schools and is funded by the Henley Royal Regatta Charitable Trust. Additional funding from The Gemini Boat Race will allow the programme to expand into Bradford and Wakefield. All participants will be given the chance to try indoor and on-water rowing, boosting physical activity and the development of life skills, while also being able to take part in LYR's competition programme.

ACTIVE ROW LONDON



Active Row will continue to innovate and inspire young people to become physically active and to try water sports, many for the first time. With a new look and brand, we feel we are ready to expand the Active Row reach outside of London for the first time whilst continuing to work with our amazing and loyal group of Partner and Competition schools and their teachers. Sport England funding will allow us to develop a whole range of new ways for them to connect with LYR via on-line leagues, training programmes, interactive competitions and of course on water rowing opportunities for all.

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Charity Number: 1122941
www.londonyouthrowing.com



LYR Members

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The Fishmongers' Company
Jim Downing BEM
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Makers
Trinity House
The Worshipful Company of Watermen and Lightermen

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