

RISE.

**THE STORY OF OUR YEAR
2023/24**



**Welcome to the
story of our year**

RISE.

WE TRANSFORM LIVES USING THE POWER OF PHYSICAL ACTIVITY

We're a leading health and wellbeing charity - and we're passionate about the role that physical activity can play in making a difference to the communities that need it most.

Our team of friendly experts works closely with regional partners across health, education, transport and more – to show how physical activity can tackle inequalities and help solve some of the biggest issues affecting our communities.

WE PLAY A KEY ROLE IN:

- Improving physical and mental health and wellbeing
- Enhancing child development and education
- Creating healthy and sustainable places in which to live and work
- Integrating activity for health improvement, prevention and condition management
- Providing access to employment and training
- Supporting the health and wellbeing of the workforce

We also advocate for policy change, share best practice, and provide insight, guidance and support.

WHY WE DO IT

Our population in the North East of England lives with significant health, social, economic and environmental inequalities. And we know that physically inactive populations are often the most marginalised – and most likely to be adversely affected by inequalities.



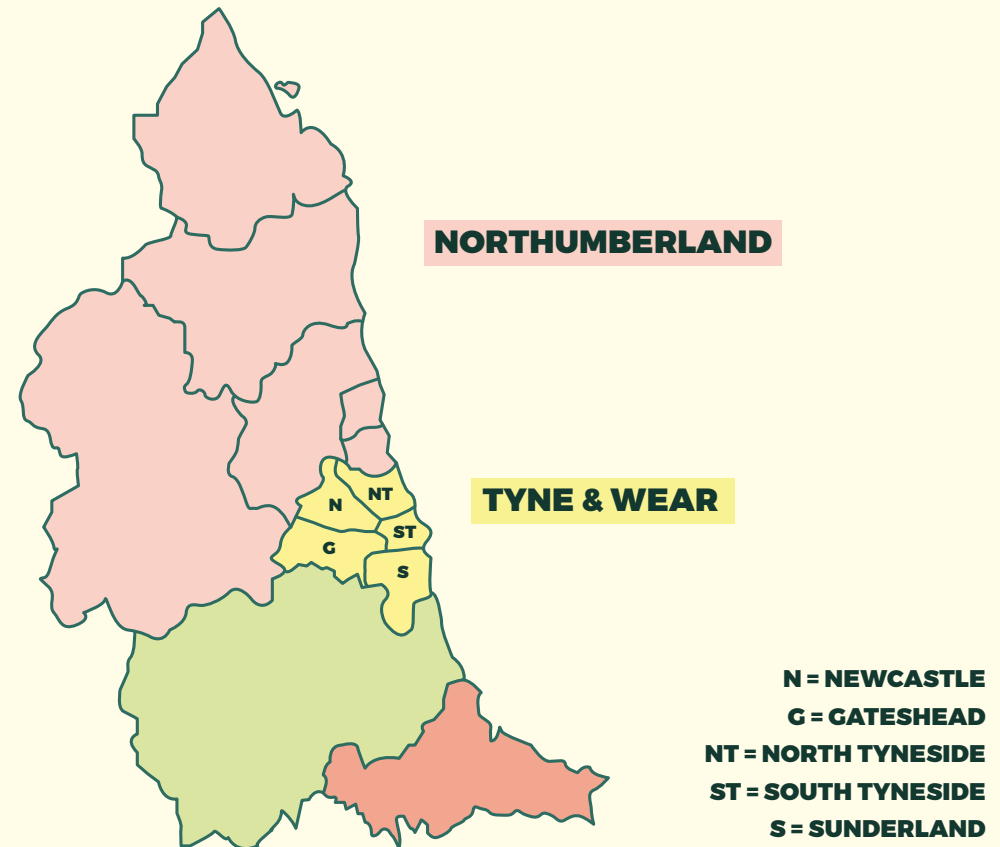
WHY WE DO IT

Rates of inactivity for adults in Northumberland and Tyne and Wear are higher (**27.27%**) than the rest of England (**25.7%**).

In Gateshead and South Tyneside, around a third of the population are considered inactive; **33.3%** in Gateshead and **30.6%** in South Tyneside.

(Inactive means doing less than 30 minutes of physical activity per week)

Sunderland and North Tyneside also have higher inactivity rates than the national average of **25.7%** - Sunderland is **27.8%**, while North Tyneside is **28.7%**.



There is a higher number of less active children in Newcastle (**38.9%**), Northumberland (**39.3%**), South Tyneside (**31.0%**), and Sunderland (**35.8%**) than the national average of **29.6%**.

(Less active means doing less than an average of 30 minutes of activity per day.)

FOREWORD

Looking forward to the year ahead

An opportunity to reflect on the great work from Rise over the past year.

The past 12 months has seen the Rise team and board contribute to a period of significant growth, learning and progress.

Through strong relationships and networks, we continue to provide systems leadership across our region – sharing knowledge and insights with our partners in order to address inactivity and wider inequalities.

And we lead from the front when it comes to our values – we were proud to win awards for both sustainability and the wellbeing of employees this year.

Rise is a team with passion and purpose – and I would like to take this opportunity to personally thank our brilliant team of trustees and staff for their dedication.



Simon Gordon,
Chair

Looking forward to 2024-2025, the implementation of our Rise Together strategy will be heavily influenced by:

- working in partnership with Sport England as part of their plan to invest £250m into place-based working across England – initially our work will focus on Gateshead and South Tyneside.
- significant opportunities to engage with the new North East Combined Authority (NECA) off the back of two Devolution Deals for

the region. We look forward to supporting the NECA agenda using the knowledge and expertise that we have in our organisation.

A brand-new approach to income diversification and sustainability – we will launch our Workplace Wellbeing offer to businesses across the region in 2024/25.

Thank you for your continued support and belief in our vision. Together, we are transforming lives using the power of physical activity.



Clare Morley,
Chief Executive
Officer

CONTENTS

This report is only a highlight of some of the amazing work we are doing - our teams are working on many other initiatives that support our strategy and achieve our key aim of transforming lives through the power of physical activity.

If you'd like to read more stories about the impact of our work, take a look at our [website](#).



But here's a snapshot of what we've achieved this year as they relate to our six key priorities:

1. [Building back fairer](#)
2. [Strong and influential systems leadership](#)
3. [Community building](#)
4. [Tackling our climate crisis](#)
5. [Healthy minds for healthy lives](#)
6. [Harnessing data, digital and technology](#)

Our work is underpinned by:

[Equality Diversity and Inclusion](#)

[Governance](#)

[Supporting our people](#)

[Funding](#)

[Research and insight](#)

[Marketing and communications](#)

[DOWNLOAD OUR STRATEGY](#)

BUILDING BACK FAIRER

Using physical activity to support communities to move through, and past, the Covid-19 pandemic and emerge stronger and more resilient.

Together Fund

We were proud to be successful in securing £200,000 of investment from Sport England's Together Fund – designed to help support communities and organisations who were disproportionately affected by the Covid-19 pandemic.

Using our in-depth knowledge and expertise of the region, we distributed funding to 43 community organisations who really understand people in the target groups:

- 11 projects targeting people in lower socio-economic groups
- 15 projects targeting people with disabilities
- 9 projects targeting people with long-term health conditions
- 10 projects targeting people who are members of culturally diverse communities

Link to video:



The feedback:

- **92%** of participants agreed that a Together Fund project had helped them to do more physical activity than they would have done without the project.
- **89%** agreed that taking part in a project increased their confidence to be more active.
- Participants said taking part in physical activity helped them to manage their health, increase their level of physical activity and reduce their isolation.

Organisations we worked with include:

- Gateway Wheelers
- Deaf Awareness NE
- Apna Ghar Minority Ethnic Women's Centre
- West End Women's and Girls Centre



"I suffer with depression and anxiety since being diagnosed with multiple conditions. I always felt different and judged. The group made me feel welcome and I can finally exercise where I feel comfortable"



BUILDING BACK FAIRER

Together Fund

“

“I come here every week, we play badminton, play games with different people. I really enjoy being with friends – that’s important for me.” **Deaf badminton player at Deaf Awareness NE**

”



**peace
of mind.**
Side by side with refugees

Focus on: Peace of Mind

Peace of Mind is a charity in Gateshead that provides emotional and practical support to the refugee and asylum seeker (RAS) community. There were concerns that RAS women were experiencing health problems and were finding it difficult to settle into their new environments and access physical activity, linked to experiencing deprivation and isolation.

Our funding enabled Peace of Mind to deliver a women-only project designed to offer practical support. A total of 63 women enjoyed a buggy walk and talk group, a cycling group, archery sessions, and Zumba sessions.

“I feel it is a good place for my mind, I feel relaxed, because in those days I had depression, but when I came, I felt relaxed, I had good friends, and I could do something good.”

BUILDING BACK FAIRER

Inclusive Cycling

Rise has been actively involved in raising the profile of inclusive cycling in the North East - to give it a much higher priority than it currently has.

We worked with national charity Wheels4All to connect them to the region – and we completed an audit of the opportunities and facilities across the area to support the formation of a disability cycling network.

We will continue to focus on improving the advocacy and representation of people with disabilities on decision making groups, committees and boards so that lived experience is used in the planning and implementation of new infrastructure.

This is an under-resourced sector and, by forming a regional disability cycling network and securing sources of funding, medium to long term support can be given to the development of adaptive cycle hubs and schemes.

These images were taken at an Inclusive Cycling consultation event at Gateshead Stadium, organised by Gateshead Council as part of the Active Travel and Social Prescribing pilot project funded by the Department for Transport.



BUILDING BACK FAIRER



Early Years Bursary Scheme

"You can hear laughter all day.....children are calmer and settle easier into the environment."

It's a proven fact that movement and physical activity support child development.

Children who are more active have more confidence, higher self-esteem, less anxiety and better social skills. And positive attitudes towards physical activity are associated with children being happier.

Early years providers (such as nurseries, childminders, and playgroups) are key to supporting children to get more active.

But providers told Rise that funding was a barrier – they couldn't afford the equipment or training. In response, Rise developed its Early Years Bursary Scheme.

Early years providers could apply for funding to buy equipment or training that they couldn't afford – and give children the opportunity to become more physically active to support child development and school readiness.

- We gave £5.4k to 15 early years providers.
- At least 576 children benefitted from the scheme.
- Equipment included balance bikes, space hoppers, waterproof clothing, climbing frames, and play mats.



"We have a higher number of children requiring SEND support this term and the changes to the garden are having a positive impact on their development. They are intrigued by the sensory element of the sand and mud kitchen. The sand is soothing for the children and the water is enticing."

"As a childminder we often don't have the same funding opportunities as nurseries and schools. We are equally as invested in enriching the children's lives and it has given me great pleasure in seeing them get so much from this grant."



STRONG AND INFLUENTIAL SYSTEMS LEADERSHIP

Physical activity has a prominent and sustained place at the strategic table across the systems of our region.

Every Move Matters

We have continued to enhance our reputation as a valuable and trusted partner in the health system – with significant development of our 'Every Move Matters' service.

Over the past year, we delivered activity and wellbeing sessions that specifically target adults who are at greater risk of poor health outcomes.

In partnership with 11 GP practices, our programmes have supported 359 patients - evidence provided by the NENC NIHR Applied Research Collaborative (ARC), has confirmed that our programme of work was received enthusiastically by patients and staff members alike. Participants felt reassured and safe, finding confidence in the collaboration between NHS and VCSE delivery partners.



Link to video:



- 83% of patients completed the programme they were referred into, with 100% of those reporting that they would be extremely likely/likely to recommend the programme to friends and family.
- 81% of patients improved primary outcome measures, including reduced excess bodyweight and reduced experience of loneliness.
- 96% of patients improved self-reported state of health scores.
- 66% of patients increased levels of physical activity outside of our supported sessions.

We have worked hard to leverage this work into ongoing partnership conversations with local NHS Foundation Trusts and our ICB (Integrated Care Board), with the hope that our approach will be considered for wider adoption.

"It's the best thing in the world for me. They've given me loads of self-confidence in myself again. I used to spend a lot of time just doing nothing, so I've now got a motivation to get up and carry on those exercises back home. I do it two to three times a week, which is two or three times more than I used to."

Social prescribing

We secured Additional Roles Reimbursement Scheme (ARRS) funding for Birtley and Central Gateshead PCN (Primary Care Network) to host an activity-centric social prescribing post.

Jurgita, the Activity and Wellbeing Coach, ensures that physical activity features as a core element of proactive personalised care. The role combines health coaching with direct physical activity delivery.



STRONG AND INFLUENTIAL SYSTEMS LEADERSHIP

Place Based Expansion – Gateshead and South Tyneside

In January 2024, Sport England confirmed two initial areas for place-based expansion within our patch: Gateshead and South Tyneside.

Since then, we have been working closely with partners in both areas, including representatives from the Local Authority (such as Public Health, Culture and Leisure Services, and Early Help), the Northumbria Police and Crime Commissioner, the Violence Reduction Unit (VRU), the Integrated Care Board (ICB), and the VCSE sector.

By adopting a multi-agency approach, we successfully secured funding from Sport England in September to develop our work in both areas over the next 18 months.

Rise is also an active member of the Sport England North East Cluster, which brings together Local Authorities, Active Partnerships, Local Delivery Pilots, and other partners working in a place-based way. The cluster provides an opportunity for members to share knowledge and insight and to reflect on and learn from each other's experiences.



STRONG AND INFLUENTIAL SYSTEMS LEADERSHIP

Early Years Conference

Due to the success of our first conference in 2023, we delivered another Early Years Conference in March 2024. This was a sell-out again, with more than 100 attendees.

During the conference, delegates heard from insightful and knowledgeable experts, including international keynote speaker, author and multi award-winning trainer Ben Kingston-Hughes.

They also took part in engaging and interactive workshops on topics such as poverty proofing, SEND, and risky play, and explored the marketplace where they had the opportunity to find information and support for their work with children.

We want to thank our headline sponsor, The Education Network, along with our supporters: Ability Consultants, The Alnwick Castle and Gardens, North East Combined Authority, PaddlePod, and The Grand Hotel Gosforth Park.

Respondents answering 'Yes, definitely' when asked whether the conference had: improved their knowledge and understanding (88.41%), boosted their confidence (81.20%), informed their practice (91.30%), and inspired them (91.30%).



Link to video:



"Thank you for such a fabulous day yesterday, it was very informative and we enjoyed it immensely."

"Such a wonderful atmosphere, engaging, inspiring and supportive."

"I have been incredibly fortunate to work with Rise. Their enthusiasm and genuine passion for improving outcomes for children shines through everything they do and their commitment to making sure disadvantaged children have the best possible outcomes is inspiring. As a trainer and keynote speaker it is extremely rewarding to work with an agency whose ethos aligns so strongly with my own. It also helps that they are always so welcoming and supportive when I visit!"

Ben Kingston-Hughes (award-winning trainer, author, and managing director of Inspired Children Ltd)



Rise's strategic director Adam Brougham was welcomed to the North East and North Cumbria Integrated Care Partnership (ICP).

Adam is the VCSE (Voluntary, Community and Social Enterprise) representative on the ICP, a committee that drives the strategic direction of the Integrated Care System (ICS). Integrated care systems, (ICSs) are made up of NHS organisations and local councils and include the voluntary sector, social care providers and other partners who have a role in improving health and wellbeing, such as Rise.

STRONG AND INFLUENTIAL SYSTEMS LEADERSHIP

Physical Activity Clinical Champions (PACC) training

During the 2023/24 academic year, we delivered PACC training as part of the curriculum for Year 1 students studying medicine and dietetics at Newcastle University.

By embedding PACC training in the curriculum, we aimed to increase physical activity knowledge of the future professional workforce while they were attending university.

Over 350 students studying medicine, including the accelerated medicine programme and dietetics, undertook the training at Newcastle University in December 2023.

Before the training, only 3.74% of participants said that they had an advanced or good level of knowledge around the Chief Medical Officer's Physical Activity Guidelines. This improved significantly after participation in the training, with 83.23% reporting an 'advanced' or 'good' level of knowledge.

In addition, 95% of students who attended the training stated that they felt more able and confident about promoting physical activity to patients after the training than they did before.

Cerys Davies and Sophie Blake-James are students who undertook the PACC training.



Cerys said: *"I think it's important as a medical student to understand and take a more holistic view of treatment. For example, at a diabetes clinic, patients might be advised about the different drugs they can take but not physical activity as something to sit alongside that."*

Apart from the great experience visiting these sessions with patients, it's really shown me the importance of empathy for patients and that we need to listen to their

experiences and understand where they're coming from. Everyone is different and there is a wide variety of perspectives. It's been really useful."

Sophie said *"Although I knew before, and everyone knows, that physical activity is good for you, I feel like this experience has given me tools and resources to be able to facilitate exercise. It's a good tool to have under your belt."*

COMMUNITY BUILDING

Ensuring physical activity supports communities' ability to develop, integrate and thrive.



Opening School Facilities (OSF) funding

Rise secured £3 million in funding from the Department for Education to help schools open their facilities outside of school hours. This initiative enables children, young people, and families in local communities to access opportunities that tackle inequalities and inactivity.

During the second year of the OSF programme (2023/24) we: **Supported 68 schools and distributed over £727,494 of funding, bringing the total amount of funding distributed throughout the duration of the OSF project to over £1.6m to date.**

Schools held: **More than 4,500 sessions with 75,000 attendances by participants, including 6,200 attendances by children and young people with SEND**

(Special Educational Needs and Disabilities)



Breaking Down Barriers Scheme:

We supported 19 schools with additional funding aimed at tackling poverty-related barriers, including access to appropriate clothing and activity wear. Recognising these as significant obstacles to safe and inclusive participation, we awarded £7,250, benefitting at least 265 children and young people.

Feedback showed 85% of schools reported a reduction in costs for families and a decrease in stigma associated with not having the correct clothing for activities.

"With the pressure on school budgets currently, this funding has been invaluable in enabling us to focus on sport and movement which we know in our deprived area is essential for the children and community" OSF Funded Primary School

COMMUNITY BUILDING

Youth Voice Consultation:

In collaboration with Children North East, we gathered insights from 709 students and their parents across nine OSF schools. The consultations explored the barriers and motivators influencing young people's physical activity, shaping future programmes and initiatives.

One example of this work is the Student Voice-led pool club at Jarrow Secondary School, funded through the Rise OSF programme. The club now has 20-30 regular participants weekly, including male and female students, many of whom are Pupil Premium and might not typically have access to such opportunities.

"The pool club has achieved its aim of targeting students who wouldn't normally engage in such activities. It has helped improve their social skills, mental health, and physical activity while encouraging them to share, take turns, respect equipment, and develop independence."

OSF Secondary School



Case Study: Cycling Opportunities at Battle Hill Primary School

Battle Hill Primary School in Wallsend used £30,000 of OSF funding to establish a comprehensive cycling curriculum. Collaborating with North Tyneside Council and Bike4Health, the school purchased bikes, helmets, and storage containers.

Approximately 70 children across key stage 2 completed their Level 2 Bike ability, where they learned vital road safety and navigation skills, supporting their transition to high school.

"I learnt to ride a bike in 2 lessons and finally completed a 7-mile bike ride on our third bike outing. Having bikes in school is great! I am excited about the next chance I get to go on a school bike ride with my friends." **Charley (Y6)**

COMMUNITY BUILDING



School Streets

Rise has been actively involved in the process of implementing School Street closures across the region.

We were part of the planning and launch of the two School Street pilots in South Tyneside in September 2023. The School Street closures have been deemed to be successful with the Local Authority hoping to launch further closures in the next year.

Rise has supported South Tyneside Council and charity Sustrans through the planning process for the School Streets scheme, which will see the roads outside Simonside and St. Mary's Primary Schools in Jarrow kept clear for children when they arrive at school and leave to go home.

This helps to keep pupils safe from traffic and reduces air pollution outside schools but also enables families to be more active, by doing more walking, wheeling, cycling or scooting as part of their journey, which helps towards better health.

Crowdfunding



A member of the Rise team was seconded to support Sport England to provide guidance to organisations wishing to access Sport England's crowdfunding offers, 'Places & Spaces' and 'Active Together'.

The member of staff also produced an evaluation report for Sport England, detailing their experience of the role. This has since been used to help inform Sport England's decision-making process on the Movement Fund Partner role to support Sport England's Movement Fund, which was launched in April 2024.

We supported
13 campaigns
that went on to raise
£187,011
including contributions
from Sport England
totalling **£73,850.**

Two of the projects have also received further significant financial support to expand their impact.

Birtley Pool received £272,000 from the Community Ownership Fund.

Young Asian Voices received £150,000 in further support from Sport England.

TACKLING OUR CLIMATE CRISIS

Physical activity supporting the drive to reduce the rate of global warming and limit climate change.

Newcastle University tree planting initiative

We worked in partnership with Newcastle University to deliver a tree planting project that encouraged staff at the University to be more physically active.

Every time a member of staff completed an exercise class, gym session or wellbeing walk at Newcastle University Sport and Fitness Centre, a tree was planted in the local community.



The staff engaged brilliantly with the challenge and their efforts meant that more than 650 trees were planted in Newcastle.

Members of university staff then went and planted 400 of the 650 trees at the Newcastle United Golf Course in Cowgate, part of a 1.4 km hedge rejuvenation.

Katy Sawyer, who works in the School of Natural and Environmental Sciences, said:

"Me and a colleague went on a wellbeing walk in January and we decided from then on to put it monthly in our diary to do a wellbeing walk together. We've done two so far and it's really good, it's nice to get out, go round Exhibition Park and look at the ducks! I feel so much better, just seeing the greenery and getting out of the office for a bit of a chat and decompress."



TACKLING OUR CLIMATE CRISIS

Investors in the Environment

In 2022, we were delighted to report that we had been awarded the Investors in the Environment Bronze level accreditation. In November 2023 we continued our commitment to achieving net zero carbon emissions and to minimising our environmental impact by achieving a Silver Award through Investors in the Environment.

We are working towards the SME Climate Hub Pledge and 10-year Rise Together Strategy to halve our carbon emissions by 2030 and to reach net zero emissions by 2050. In 2024/25 we will continue with our commitment by working towards a Green level Investors in the Environment accreditation.



The Rise team have implemented a range of initiatives that supports their goal of tackling the climate crisis, including:

- The appointment of 'green champions' who engaged with national campaigns such as Great Big Green Week, where the whole team did a litter pick, and World Plant Milk Day to encourage more sustainable choices amongst staff.
- Driving down emissions in key areas; reduction in electricity use by 50%, use of gas by 73% and reduction in waste by 17%, since 2022.
- A "brilliant" travel plan which actively encourages sustainable travel, e.g. introducing access to electric bikes for local meetings and improving facilities for those who can cycle to work.



HEALTHY MINDS FOR HEALTHY LIVES

The role of physical activity in supporting mental wellbeing, as well as physical wellbeing.

Supporting men's mental health in Berwick

This year, we further embedded our Key Worker service in Berwick and deepened our understanding of the broader social, health, and wellbeing challenges faced by young adult males in Berwick and the surrounding rural areas.

By working closely with partners and other services in Berwick, our Key Worker supports young men in the town who face challenges such as unemployment, poor health, relationship difficulties, debt, poverty, substance misuse, and isolation exacerbated by COVID-19.

In the three years to the end of April 2024, our key worker Jaki Duffy supported 72 men through a holistic 1-2-1 programme.



Link to video:



"I have hope now that things can get better that I have never had before. Thank you."

"This has saved my life...nothing would have changed without this support. I don't know where I would be now if I hadn't this, thank you."



"That help was there when I needed it – I've improved in every aspect of my life. I refer to Jaki as the woman who saved my life. Absolutely amazing, cannot thank her enough."

The men supported by our project were surveyed:

- 67% reported improved confidence to make positive choices
- 43% reported improved employment opportunities
- 65% now engage in physical activity
- 67% reported an increased resilience/ability to cope
- 63% have an action plan
- 65% reduction in anti-social behaviour and violence
- 100% improved their mental wellbeing

HEALTHY MINDS FOR HEALTHY LIVES

Walk Leader Programme

We've been working in partnership with Newcastle City Council and walking charity the Ramblers to deliver free Walk Leader Training to organisations and individuals across Newcastle. We've trained 86 people from a range of different organisations to be walk leaders; including Stagecoach bus company and Search, a voluntary project in the West of Newcastle that promotes and protects the health, wealth, and wellbeing of older people.

The long-term aim of the programme is to have trained walk leaders deliver free, enjoyable, easily accessible walks across Newcastle, which are open for anyone to join.

Link to video:



Colin, Stagecoach employee:

"I wanted to be more active and get the health benefits that come from this. Two, the social side, it's been nice to make some new friends as they're all good people who come on the walks, and three, seeing and discovering places that I've never seen before that are on my doorstep."

Tom, walk leader from Search:

"(the training gave) that sort of confidence in and a sort of reassurance that what you were doing was the right sort of thing."



HARNESS DATA, DIGITAL AND TECHNOLOGY

Ensuring technological developments are utilised to drive the physical activity agenda forward.

Our research and insight tools

Our Research and Insight team developed tools that make it quick and easy for our team, and partners, to find information about our region.

The Key Data Sets (KDS) project provides up-to-date insight at local and national level about:

- children & young people
- crime
- deprivation
- health & wellbeing
- physical activity/inactivity
- socio-demographic characteristics (age, gender, ethnicity)
- obesity

As a result, the Rise team and our partners can easily and speedily identify key areas and issues of concern to help inform our planning, investment and delivery.

Alongside this, our team have developed an interactive map, in collaboration with Press Red,

The map enables users to select data that is then visually represented on a map of Northumberland and Tyne & Wear. The map shows where some of our investments are located (e.g. Opening School Facilities) and graphically represents data of interest such as location of GP surgeries, air quality, the national cycle network, levels of physical activity, obesity and income deprivation.



We supported England Golf, who used our tools in their planning for their Tyne & Wear Golf Innovation District project.



Our areas of focus

OUR AREAS OF FOCUS

EQUALITY, DIVERSITY AND INCLUSION

We are committed to equality, diversity, and inclusion in all we do.

Our goal is to have a workforce that thrives but is also representative of the communities we work with and for – so establishing a sense of belonging for our team and our partners.

This year we have developed our inaugural Diversity and Inclusion Action Plan (DIAP) – a new approach aligned to our Sport England Code of Governance compliance, and an opportunity to really shift the dial on our aspirations around Equality, Diversity and Inclusion.

[DOWNLOAD OUR DIAP](#)

GOVERNANCE

The Board appointed Karen Pearce as a new trustee and lead for EDI following the retirement of Patrick Price. As Patrick had also been the Vice Chair, the Board appointed Debbie Henderson to be the new Vice Chair alongside her existing Senior Independent Director role.

[DOWNLOAD OUR GOVERNANCE STATEMENT FROM OUR WEBSITE](#)



OUR AREAS OF FOCUS

SUPPORTING OUR PEOPLE



**Better Health
at Work Award**
Gold Award

Better Health at Work award

We were proud to be recognised for our work to support the health and wellbeing of our team.

We won a North East Better Health at Work Gold Award, which is given to organisations that actively raise awareness of health issues, provide access to wellbeing activities and promote healthier practices at work.

The prestigious award recognises Rise's work to encourage better physical and mental health for employees, as well as support with financial wellbeing and work-life balance.

4-day week

We continued our trial of the innovative 4-day working week – after it was shown to improve our employees' wellbeing - without reducing productivity. (And subsequently adopted it permanently in May 2024 – with an annual review)

During the trial period (June-December 2023) a survey of partners and staff showed:

- Rise's 'Net Promoter Score' from its partners (how satisfied they are with the service provided) increased slightly to +80 when compared to the target figure of +78 (the score ranges from -100 through to +100)
- 100% of staff polled said they feel confident or very confident that the 4-day week is a sustainable way of working

Clare Morley:

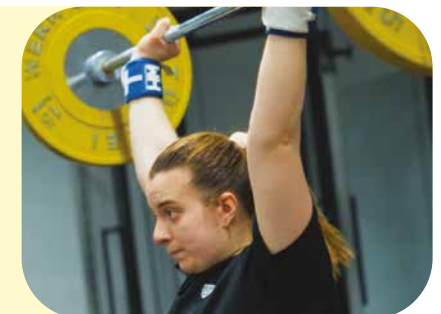
"At Rise we are always looking for innovative ways to lead from the front in protecting and enhancing physical and mental health, both for our staff and for the wider population.

We recognise that the wellbeing of our team is integral to them being able to achieve our mission to improve lives through physical activity. We support our staff so they can help others."

Staff have reported the positive impact the 4-day week has made on their health and wellbeing.

Liliana Ciaraolo, development officer:

"The four-day week has contributed to my physical wellbeing. I train in Olympic Weightlifting four times a week and having that day off gives me a chance to recover, and make sure I'm well-rested for my next training session."



OUR AREAS OF FOCUS

FUNDING

Thank you to our funders – both new and returning. We're grateful for your support.

We attracted more than £200,000 of funding this year – vital funds that support our work.



SIR JAMES KNOTT TRUST



THE BERNICIA FOUNDATION



LONDON NORTH EASTERN RAILWAY



THE HOSPITAL OF GOD



alpkit FOUNDATION

RESEARCH AND INSIGHT

Our Research & Insight team has gone from strength to strength – with plans to add more staff in the coming year.

The research & insight function is responsible for research, insight, monitoring and evaluation at Rise.

This has included developing and sharing insight about our area to inform decision-making and working with internal and external colleagues to create and administer research, monitoring and evaluation frameworks and tools to illustrate the impact of our investments and ways of working on local communities, partnerships and organisations.

MARKETING AND COMMUNICATIONS

In March 2023, we gave Rise an entirely new look with a full rebrand.

Clare Morley, our CEO, said: "These are exciting times for Rise. We've grown and progressed significantly since becoming one Active Partnership for the whole of Northumberland and Tyne and Wear in 2020.

We're growing as a team and expanding the support and expertise we provide.


And, as we've evolved, our brand has grown and developed too. In line with this progress, we've developed a modern, dynamic brand that captures our new and exciting direction."





RISE.

THANK YOU!

If you'd like to discuss how we can work together please contact us:

 info@risenortheast.co.uk

 07973 786 310

 www.risenortheast.co.uk

 [LinkedIn](#)  [X](#)  [Facebook](#)  [Instagram](#)