

RISE.

THE STORY OF OUR YEAR 2024/25





**WE TRANSFORM
LIVES, COMMUNITIES
AND PLACES THROUGH
THE POWER OF
MOVEMENT.**

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

Our team of friendly experts work 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. This document only covers work in Northumberland and Tyne & Wear in 2024/25, before County Durham Sport transferred into Rise.

WE PLAY A KEY ROLE IN:



Improving physical and mental health and wellbeing



Enhancing child development and education



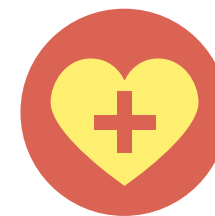
Creating healthy and sustainable places in which to live and work



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.



If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.

– UK CHIEF MEDICAL OFFICERS



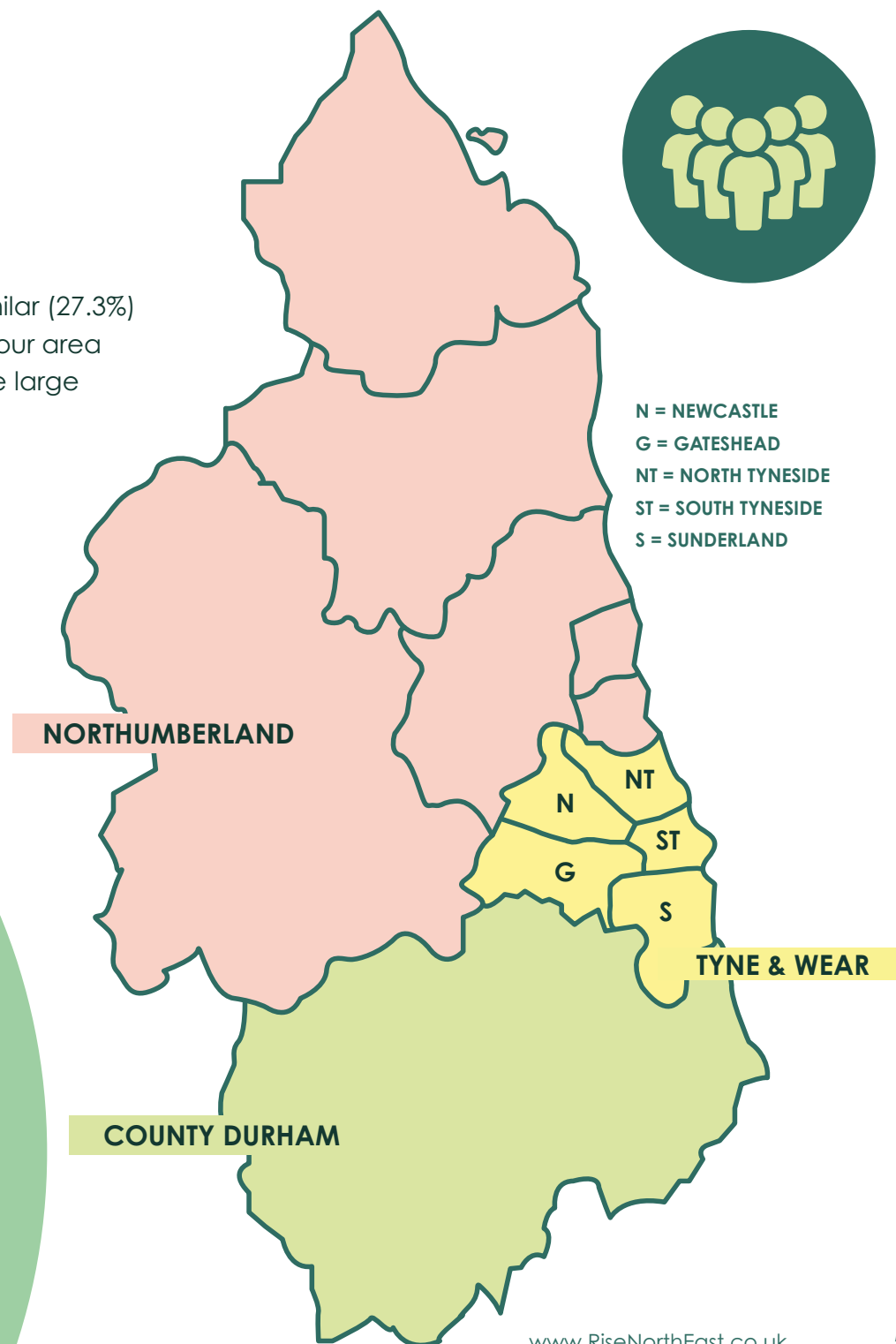
WHY WE DO IT

Rates of inactivity for adults in Northumberland and Tyne & Wear are similar (27.3%) to the rest of England (27.2 %). For children and young people, 32.4% in our area are 'less active' compared to 29.5% in England as a whole. But there are large differences across the region's nearly 1.5 million people.

Inactive – doing less than 30 min of physical activity per week.

PEOPLE LESS ACTIVE IN OUR REGION

AREA	ADULTS (%)	CHILDREN (%)
	<30min of physical activity per week	<60min of physical activity per day
Gateshead	31.6	20.5
Newcastle upon Tyne	25.7	38.9
North Tyneside	27.2	20.9
Northumberland	22.1	39.3
South Tyneside	30.5	31.0
Sunderland	29.2	35.8
England	25.1	29.6



MOVEMENT THROUGH LIFE

Movement and physical activity improve every stage of life.



Improves physical and mental health and wellbeing

Improves school readiness, confidence, social skills and academic achievement

Improves fitness, bone and muscle strength, reduces falls and frailty

Improves productivity and boosts the economy

Reduces sickness and strain on the NHS

Strengthens communities by building bonds and supporting the environment and sustainability

HOW TO REACH PHYSICAL ACTIVITY GOALS

For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still.



Each week,
accumulate at least:

**150 MINS
OF MODERATE INTENSITY ACTIVITY**
such as brisk walking or cycling

OR

**75 MINS
OF VIGOROUS INTENSITY ACTIVITY**
such as running

OR

**SHORTER DURATIONS OF VERY
VIGOROUS INTENSITY ACTIVITY**
such as sprinting or stair climbing

OR

**A COMBINATION OF
MODERATE, VIGOROUS AND VERY
VIGOROUS INTENSITY ACTIVITY**



2 days a week
or more:

**MUSCLE
STRENGTHENING
ACTIVITIES**

These could
include heavy
gardening,
carrying heavy
shopping or
resistance
exercise



Every day,
aim to:

**MINIMISE THE
AMOUNT OF TIME
BEING SEDENTARY**

Break up long
periods of inactivity
with at least light
physical activity



Each day,
average at least:

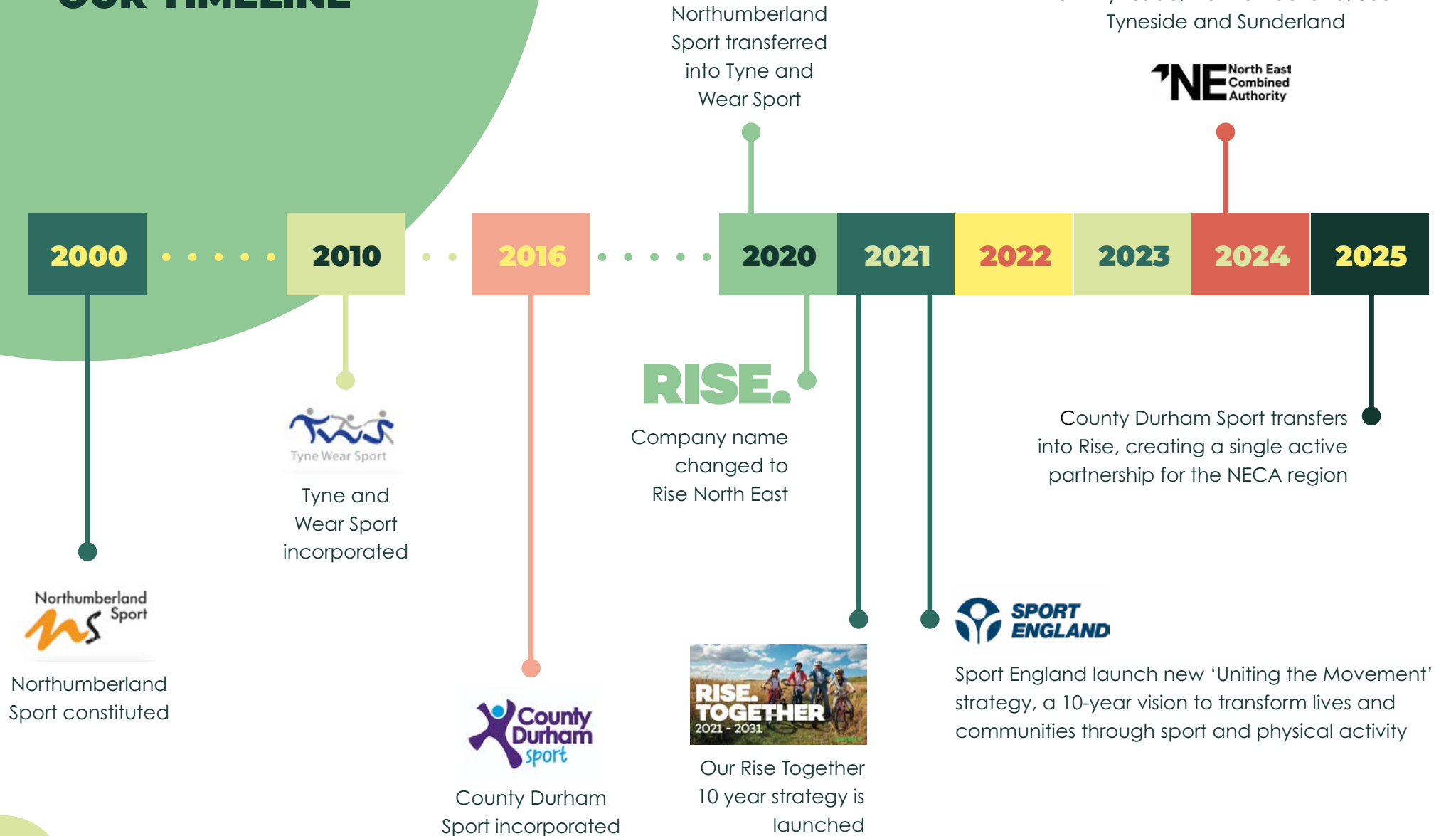
**60 MINS
OF MODERATE-TO-VIGOROUS
INTENSITY ACTIVITY**

This can include all forms
of activity such as physical
education, active travel,
after-school activities, play
and sports

ADULTS

CHILDREN

OUR TIMELINE





LOOKING FORWARD TO THE YEAR AHEAD

The last 12 months has seen more rapid growth for Rise, both in terms of our number of staff but most importantly in the amazing impact they have.

At a time of great difficulties in community cohesion, personal finances, the wider economy and NHS strain, a common solution is physical activity. Being more active, however that looks for you, can boost health and wellbeing, supporting people into work and improving their productivity – and this will be the basis of our upcoming refreshed strategy.

I'm proud of the relationships Rise has with partners across the region and of the leadership

that we show to address inequalities and improve lives.

This is my chance to say thank you to our wonderful Rise staff and trustees for all that they do and the commitment they bring to improving lives and communities across the North East.

Simon Gordon

Simon Gordon
Chair



We know that the North East faces very real challenges, but one way of looking at this is the huge opportunity for positive changes to be made; in the last year, we have seen the formation of new strategic entities such as the North East Combined Authority to help address these challenges, and this kind of devolution and place-based focus gives us further opportunities to utilise the power of physical activity to support our local communities.

Our expert team has delivered across a large array of different sectors and stakeholders over the last 12 months, and we're delighted to tell those stories in this review.

In the year ahead, we'll have the chance to grow and evolve as we extend our work into County Durham, and I'm

excited for what lies ahead. We're an organisation that is grounded in evidence and experience, using data and insight to understand the specific issues that different communities have, working with them and partners to implement effective and sustainable solutions.

We'll continue to show the same passion, dedication and collaborative spirit that we've always brought to our work as we move forward, excited by our opportunity to transform lives, communities and places across the North East using the power of movement.

Clare Morley

Clare Morley
Chief Executive
Officer



OUR PRIORITIES

We're working in lots of different ways to achieve our key aim of transforming lives, communities and places through the power of movement, and this report highlights only some of the amazing work we are doing.

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:

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STRONG AND INFLUENTIAL SYSTEMS LEADERSHIP

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

Empowering our future healthcare professionals

Evidence suggests that 1 in 4 people would be more active if advised by a healthcare professional. This would reduce the number of inactive adults in England by 2.9 million, which would provide vast personal health benefits, reduce the strain on the NHS, and boost the economy.

We've been working for years to integrate physical activity into healthcare, and more recently we've concentrated our efforts upstream to support the future workforce. In partnership with Newcastle University's Faculty of Medicine and the [Physical Activity Clinical Champions \(PACC\)](#) universal offer trainers, we've evolved our training and development for medical students, empowering them to better understand and advocate for physical activity.

95%

improved their knowledge and understanding of the benefits of physical activity for patient health

92%

agreed that the training would allow them to better undertake a future health role more effectively

92%

felt that promoting physical activity would be more of a priority following the training

**360
STUDENTS
UNDERTOOK
TRAINING THIS
YEAR**

We've improved shared knowledge and understanding and provided first-hand experience of physical activity prescription in situ by giving students PACC training embedded within their first semester, plus access to activity clinic shadowing opportunities, enabled by partnerships with primary care.

Access to 29 activity clinics were offered to medical students, with 172 bookings made:

100%

agreed that the shadowing session complemented their PACC training

92%

were interested in further shadowing opportunities

It aided my knowledge of how doctors can encourage patients [to] include movement into their lives.

– MEDICAL STUDENT

It was really useful to see the theory that we learnt in the training put in place in real life people, and the benefit to them.

– MEDICAL STUDENT

This project has really given the students that insight into what challenges their patients face in a community setting. I think understanding that community focus is really at the heart of what any medical student really needs to know because ultimately, they'll be applying that understanding in their daily practice.

**– DR SCOTT WALKER,
NEWCASTLE UNIVERSITY**

Find out more about our work on

**PACC
TRAINING**

Developing proactive social prescribing solutions

As well as this focus on the future, we're working here and now to reduce the strain on the NHS.

With physical activity already recommended in 98 NICE guidelines, the NHS is advocating for movement to be integrated into system-wide care. This year, in collaboration with primary care colleagues, we've successfully embedded a sustainable, activity-based, proactive solution into their practice.

Our new activity and wellbeing coach sits within the multi-disciplinary team, allowing practices to offer a wider, more tailored programme of group-based support than traditional social prescribing provides, enabling patients to live healthier, longer and more independent lives.



Pat's story:



274 patients, living with various health conditions, are actively engaged in programmes championed by staff from Birtley, Oxford Terrace and Rawling Road Primary Care Network. Across frailty, weight management, MSK and women's health cohorts:

93%

achieved their primary health goal

95%

of patients reported improved health

74%

have increased physical activity outside of supported sessions

99%

would advocate for their programmes to friends and family

The impact of this innovative work has been highlighted in an evaluation by our academic partner NIHR NENC ARC. [Findings suggest](#) that this collaborative approach is a valuable system asset, enhancing the delivery of proactive personalised care, improving health outcomes and providing the potential to reduce healthcare use.



Our work has helped to strengthen individual behaviours that influence longer term change. Of a 75-person sample:

98%

agreed that participating improved their confidence in being active

97%

agreed that participating encouraged them to be more active than before

92%

of participants remained active 12 months after finishing the programme

The key difference in this approach is that it allows primary care teams to proactively identify their patients from healthcare records and directly engage with them using existing health tech services. Working in this way has allowed our health partners to strengthen patient support based on hyper-local need and better tackle health inequalities.

Find out more about our work on

**SOCIAL
PRESCRIBING**



Place-based working

All communities face different problems, which need bespoke solutions. We work directly with communities and local partners to understand and address these specific issues across all our place-based working from Berwick to South Tyneside to Gateshead and Newcastle.

In September 2024, on behalf of a consortium of partners, we secured Sport England place-based expansion development award funding. The focus of the development award is to gain a deeper understanding of the barriers that people in Gateshead and South Tyneside face to becoming more physically active. Here are some of the ways we've been working in the first six months.

- Developing a multi-agency place partnership steering group in each local authority area, including partners from the local authority, health, VCSE sector and Violence Reduction Unit.
- Strengthening relationships with place partners and helping to deepen their understanding of whole systems and place-based approaches.
- Developing collaborative relationships with other organisations working to address barriers to physical activity beyond Gateshead and South Tyneside at local and regional levels.
- Beginning the process of asset mapping in Gateshead and South Tyneside.
- Facilitating two system leadership programmes for partners and stakeholder identified as leaders in their respective local authority areas.
- Recruiting roles to gather insights on the barriers to physical activity faced by residents to ensure that evaluation and learning is at the forefront of this work.



Find out more
about our

**PLACE-BASED
WORK**



Health, Wellbeing and Learning in the Early Years conference

We hosted our third annual early years conference for professionals from across the North East to gain professional development, share, learn and network. Over 100 participants experienced fantastic speeches and workshops.

A huge thank you to our headline sponsors, The Education Network and The North East Combined Authority, and our associate sponsors, The Alnwick Garden Lilidorei and Ability Consultants.



Best conference ever. Imaginative, interesting, Ben is brill, great motivational speaker.

- ATTENDEE

It has really opened my mind more professionally and personally.

- ATTENDEE

Each workshop has been inspiring and will inform my practice.

- ATTENDEE

Find out more about our
EARLY YEARS CONFERENCE

Participation in boards and networks

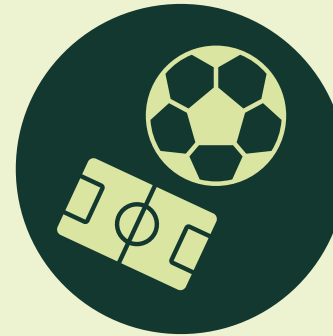


We attend the Housing and Developer Fund for Sport and Play panel for Northumberland Council, providing upgrades to facilities, play areas and equipment to increase the opportunities for participation across the county.



We're a member of the Active Partnership Network's Community of Practice for Active Environments steering group. We've worked to advocate for integrating Sport England's Active Design Principles into local planning policies and practice.

We also promote child-friendly urban design and support youth engagement in planning, regeneration and neighbourhood management.



We've been actively involved in the panels for Playing Pitch Strategies and Local Football Facility Plans.



Throughout the year, we continued our support to Newcastle City Council's Public Health team and their Sport England-funded Core Cities programme, focussing on active travel, supporting girls to move more, physical activity within drug and alcohol treatment programmes, workplace wellbeing and a whole system approach to physical activity for the city.

BUILDING BACK FAIRER

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

Improving health, wellbeing and learning in the early years

In England, only 9% of 2-4 year olds and less than half of 5-18 year olds achieve the [Chief Medical Officers' physical activity guidelines](#). This has a direct impact on their school readiness, academic and health outcomes in childhood, adolescence and beyond.

We're working to address this by delivering targeted programmes to break down barriers for children, young people, families and practitioners to reduce inequalities for our most underserved communities.



- **Ready to Play:** following the huge success of our early years bursary, we developed the Ready to Play project to support staff with training and offer equipment and resources for staff and parents. The project tackled wider health and social outcomes such as school readiness, social and communication development, but the focus was on increasing sustainable physical activity and wellbeing through active play. Over 150 organisations applied to take part, so with funding and spaces limited, we were able to train 34 practitioners and indirectly reach 14,360 children across Northumberland and Tyne & Wear, significantly higher than the aim of 1,000 children.
- **Our Bodies Are Made To Move animation:** following requests, we developed an animation and workshop to quickly and effectively communicate the benefits of physical activity for children and young people and the guidelines supporting this.
- **Physical literacy:** Sunderland City Council's Public Health team approached us to upskill their early years practitioners with physical literacy training to improve knowledge and confidence. We worked in collaboration with them and Together for Children to provide our Active Start training and resources for 56 professionals working in the early years sector, who reach over 2,500 children.
- Through UKSPF and NECA funding, we launched **Step Outdoors** to use the power of nature-based outdoor play to boost children's learning and wellbeing, supporting school readiness, parent/carers and staff confidence, and support community connection.



“ Absolutely fantastic group. My little girl is always excited to come along, she loves all of the outdoor activities.

– PARENT AT A STEP OUTDOORS SESSION

I've been learning loads of ideas we can do at home and out and about together.

– PARENT AT A STEP OUTDOORS SESSION



” I think these sorts of projects are so important to highlight the work of a range of partners and professionals in promoting physical activity for brain development, wellbeing and physical health. We are looking forward to using what we have learned to inform our school development plan for the coming academic year.

– TEACHER AT BENSHAM GROVE NURSERY SCHOOL, ABOUT READY TO PLAY



Women's Wellbeing in South Tyneside

We launched a new holistic employability support service in collaboration with Women's Health in South Tyneside (WHiST) and South Tyneside Council, thanks to UKSPF funding that aimed to improve pride in place and increase life chances across the UK by investing in communities, supporting local business, people and skills.

The project supported women by providing a personalised, person-centred approach. Service users received one-to-one support to identify barriers preventing them from considering employment, and they worked collaboratively with a key worker to develop individualised plans to overcome those challenges. Sessions focused on improving physical and mental wellbeing, raising confidence and self-esteem, and strengthening communication and life skills. In addition to delivering engagement activities, the funding also supported WHiST to reopen the creche which helped to remove childcare barriers.

To ensure the service reached those who would benefit most, our key worker was based in WHiST, an established locally trusted organisation, and launched a range of referral pathways from partners such as probation, Impact Family Services, South Tyneside Adult Recovery Service and the local VCSE sector.

I'm now less isolated, more focused and positive, have made friendships and have a reason to come out of the house.

– PARTICIPANT

Find out more about our work with

WOMEN IN SOUTH TYNESIDE



Throughout the 12 month project:

- 23** economically inactive women have engaged with key worker support services
- 279** individuals engaged in life skills opportunities
- 172** individuals engaged in education/lifelong learning opportunities

Of those women engaged in wellbeing activities:

- 77%** reported **reduced anxiety and depression**
- 70%** reported **improved health and fitness**
- 70%** reported **improved self esteem**
- 77%** reported **improved confidence**
- 64%** reported **reduced social isolation**

COMMUNITY BUILDING

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



Opening School Facilities (OSF) funding

The final year of the Opening School Facilities (OSF) programme marked the most impactful phase of our three-year delivery, supporting a further 19 schools, bringing the total to 87 and exceeding our original programme target. This year, we particularly focused on recruiting SEND schools, including alternative provision, and culturally diverse communities, helping ensure the programme reached those most in need of additional support.

A further £1,025,031 was distributed in this final year, a record for us which contributed to our total funding distribution of £2,620,860 across the full programme. This

funding enabled schools to open their facilities and deliver targeted inclusive,

needs-led physical activity opportunities designed to meet the needs of children, young people and families.

Throughout the year, schools delivered 6,801 extra-curricular sessions, resulting in over 123,000 places taken up by children and young people, the highest participation across all three years, bringing our overall participation total to 176,304.

Our Breaking Down Barriers scheme continued in Year 3, supporting OSF users to access essential items such as footwear, swimwear, coats, and sports kit to participate in sessions, reducing cost and stigma. An additional 15 schools (bringing the overall total to 34) accessed up to £500 worth of Decathlon vouchers, supporting over 800 children and young people.

The year culminated in a vibrant Impact Celebration Conference in March 2025, with thanks to sponsorship from the North East Combined Authority, The Education Network and Enrich Education.

“OSF funding has provided our school with renewed ambition to improve our pupils lives through physical activity on their bikes. Many non-riders are now able to ride, and families are also taking opportunities to ride during the weekends or after school.

– DENBIGH COMMUNITY
HIGH SCHOOL



This Girl Can

Women need to have access to opportunities to be physically active in ways that work for them. We developed This Girl Can Newcastle (TGCN) with Newcastle City Council focusing on three underserved groups, to understand the barriers to being physically active:



Pregnant women and women who have children under one



Women aged 55+



Women in ethnically diverse communities

There are two main aims.

1

To create a network of VCSE organisations and volunteers who can own and empower appropriate and accessible physical activity opportunities for women and girls across Newcastle.

2

To upskill professionals within services relevant to women and girls in the city (for example, family hubs and leisure operators) to be advocates for physical activity through their interactions with women and girls and how they practically support more women and girls to use their community assets and services.

To ensure we create a strong, effective, and enduring network to tackle physical inactivity among women and girls, our coordinator has been working with colleagues in the local authority and leisure, health, VCSE and education sectors to:

- Develop a theory of change model
- Gather further insight into the barriers to physical activity experienced by women and girls
- Deliver Physical Activity Clinical Champions (PACC) training to social prescribers, leisure staff and the VCSE sector
- Facilitate collaboration between organisations working with women and girls
- Undertake ripple effect mapping (REM) to capture the collaboration happening across the women and girls network



Find out more about

THIS GIRL CAN



RISE.

Multi-sports and PlayZones project

Multi-Sport and PlayZones engage with local communities across the country to create outstanding sports and activity spaces and tackle inequalities in participation. There are 15 PlayZones built or planned for our area, and we also give advice and guidance in Teesside and Cumbria.

We're implementing and coordinating a test and learn scheme for the activation of Multi-Sports sites, with seven pilot projects across a broad range of Football Foundation and Lawn Tennis Association facilities and communities.

As a leader, advocate and catalyst:

- We give guidance in planning, community engagement and delivery oversight.
- We've co-ordinated the convening of regional PlayZone leads to align strategy, share insight, and strengthen consistency across implementation.
- We regularly contribute to the national group, updating progress reports to inform the national monitoring, evaluation and learning, and represent local issues and concerns.

Health and wellbeing in the natural environment

Access to nature can improve health and wellbeing and we've developed our relationships to support the green social prescribing agenda in nature, including attending workshops with the Wildlife Trust and Natural England in Ashington and Houghton-Le-Spring.

In addition, we attended a greener health and wellbeing network event at Elemore Country Park hosted by Natural England and the Wildlife Trust, and a wellbeing and the environment event organised by Connected Voice.

Find out more about our

**MULTI-SPORTS
AND
PLAYZONES**



TACKLING OUR CLIMATE CRISIS

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

Environmental sustainability

As an organisation we have a commitment to make a difference through sustainability and health, setting an example for and supporting organisations and partners on their environmental sustainability journey. We've pledged to half our carbon emissions by 2030 and to help achieve this target, we enrolled in Investors in the Environment Accreditation and in November 2024 we achieved a green award, which is the highest level of accreditation.

We've focused on sustainable travel and participation in national campaigns such as World Environment Day and Plastic Free July. In August 2024 to coincide with the Paris Olympics our staff cycled 584 miles, representing the distance from our North Shields office to the Olympic Velodrome in Paris. The challenge promoted active travel, a key component of our sustainability plan, whilst fostering team engagement and reducing our carbon footprint.

Find out
more about our
approach to
**ENVIRONMENTAL
SUSTAINABILITY**

Active travel

Active travel means making journeys in physically active ways such as walking, wheeling, cycling or scootering with the aim of making active travel the natural choice for short journeys. Here are some of the ways we're making this a reality.

- We're part of the Newcastle Sustainable Schools working group, which has been formed to evaluate all the options and interventions for active travel to schools across the city with an aim to provide a more comprehensive and co-ordinated offer.
- We contribute to the Active Travel forum which meets regularly to discuss more general active travel options across Newcastle.
- We attend the Northumberland Cycling, Walking and Wheeling Board and advocate for active travel opportunities.
- We attended a Transport Needs Assessment session organised by South Tyneside Council to consider what is already available and what could be done to improve transport options for all residents within the borough.

Active travel needs to be inclusive and open to everyone. That's why we've continued to raise the awareness of [inclusive cycling](#) needs and inclusive active travel opportunities across the region. We've been working with a network of organisations including Walk Wheel Cycle Trust (Sustrans), Wheels for All, Activity Alliance and North Tyneside Council to support inclusive cycling, including along the major new North Tyneside coastal route where there are plans to look for a suitable hub location. We've also worked with partners in Gateshead and Northumberland on this important agenda.



Find out
more about

**ACTIVE
TRAVEL**

HEALTHY MINDS FOR HEALTHY LIVES

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

Supporting men's mental health in Berwick

Many men in Berwick-upon-Tweed face challenges such as unemployment, poor health, isolation and poverty. In the last year, our key worker supported 28 young men aged 16–30 through their own unique situation.

78%

reported improved mental and emotional wellbeing

70%

self-reported increased feelings of safety

91%

demonstrated reduced risk to violence and anti-social behaviour

87%

of families reported less concerns for the individuals since engaging with the programme

91%

understood the consequences of substance misuse

57%

increased engagement in physical activity



Deacon's story:



Supporting young people in Berwick

We employed a community development worker to develop greater opportunities for young people to be more physically active, improve their social opportunities and tackle inequalities. She undertook a consultation with young people living in Berwick that engaged around 350 people to find out directly from them what they need.

Aiming to support participants into paid work, she has facilitated initiatives that can improve skills, confidence, physical activity levels, reduce isolation and provide social opportunities such as employability and wellness courses. To support life skills of young people, she has launched an orienteering challenge, alongside supporting local organisations to start junior darts and musical theatre opportunities.



I have found the support provided phenomenal; I am definitely on a positive pathway moving forward.



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.

Find out more about our work in

BERWICK



Safeguarding and sport welfare

We're committed to ensuring that children, young people and adults at risk can take part in physical activity and sport in a safe environment. To reinforce this, we joined the International Safeguards for Children in Sport initiative.

Our sport welfare officers are part of a network funded by Sport England and the National Lottery that support sports clubs and organisations to create safer, more inclusive and welcoming spaces. They collaborate with a wide range of experts and support club welfare and safeguarding officers and volunteers, providing them with training, often focusing on inclusive club development, adopting high safeguarding standards and sharing best practice tips.

For Keeping Your Child Safe in Sport Week in October, we ran a workshop for parents and carers about working together with clubs, and linked with YGam to offer a session on raising awareness of gaming and gambling harm in young people.

For Safeguarding Adults Week in November, we worked with partners to organise free workshops on drug and alcohol harm, and preventing radicalisation. In March, we ran an event focusing on inclusion in sport with over 50 attendees from local sports and community clubs and were supported by a wide range of partner organisations.

Find out more
about our work in

**SPORT
WELFARE**



HARNESS DATA, DIGITAL AND TECHNOLOGY

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

To make sure our work is effective and based on what our communities need, we have a dedicated research and insight team. Working with Rise colleagues and external stakeholders, the team plan and undertake research, insight, monitoring and evaluation to understand needs, support influencing, and to evaluate the impact of investments, interventions, partnerships, and keep funders updated on our activities and outcomes.

This has included:



Using Social Value Engine software to explore the feasibility of capturing the social value created by specific activities and interventions we deliver.



Creating a new monitoring, evaluation and learning framework to capture the impact of our work in Berwick, that includes use of The Outcomes Star.



Undertaking evaluation of our work in Berwick, our women's wellbeing project in South Tyneside and our early years Step Outdoors programme.

We've loaned activity trackers to three schools as a limited pilot, which has highlighted groups of children who are most and least active in those schools, helping us to see the impact of PE and playtimes on activity levels and identify times of the day and groups of children that are less active. This has fed into our work with the schools and focused our support.



CELEBRATING THE WORK THAT UNDERPINS OUR IMPACT

To help us achieve all this amazing work, so many different vital supporting elements are in place that cut across everything that we do. Here are just some of them.

EQUALITY, DIVERSITY AND INCLUSION

We're committed to equality, diversity and inclusion in all our work. 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.

Read our
**DIVERSITY AND
INCLUSION
ACTION PLAN**

GOVERNANCE

Good governance keeps us on track and held to account. We are proud to be compliant with Sport England's Code for Sports Governance at Tier 3, the highest level.

Read our
**GOVERNANCE
STATEMENT**



SUPPORTING OUR PEOPLE

As part of our commitment to supporting the wellbeing of our staff and giving them the best chance to thrive, a 4-day working week has now been embedded permanently.



RISE WORKPLACE WELLBEING

We were thrilled to launch our Rise Workplace Wellbeing e-learning programme at the end of last year. Designed to support employees' mental, physical, and emotional health, the programme is already making an impact.

We're proud to be working with fantastic organisations, including local authorities, education partners, and the NHS — with all income generated reinvested into our charitable work. We are looking forward to continuing our work in this space with businesses and organisations across the North East.

Find out how we're making Rise a
GREAT PLACE TO WORK

RISE.

WORKPLACE WELLBEING



Find out more about
WORKPLACE WELLBEING

FUNDING

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



RISE.

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