



PERSONAL BEST
EDUCATION

2020-2025 IMPACT REPORT



"Helping individuals, groups and organisations to achieve their best and make a positive impact on themselves, their community and the world"

This report aims to showcase Personal Best's positive impact on many individuals, groups and

Over the last five years, Personal Best has expanded its portfolio and grown its reach to un
Personal Best team has represented the organisation to exceptionally high standards and upl
responsibility, integrity and honesty – and without them many

THE PERSONAL

Global Thinking

As citizens of the world, we bear a collective responsibility and are all stakeholders in its future. Through offering young people from all over the globe the opportunity to participate in collaborative programmes and cultural experiences we can positively influence the actions of future generations. One world, one people!

GLOBAL THINKING

Personal Development

We believe a key building block to enable individuals to be the best version of themselves is to possess the core skills that many may take for granted. Much of our provision is embedded with these essential themes, such as presentation skills, creativity, critical thinking, logical reasoning and working independently or as part of a team.

PERSONAL DEVELOPMENT

Introduced in 2020

In an ever-evolving world, human beings are required to adapt on a daily basis, both internally and externally, which can be challenging and requires support. Through our vast experience of supporting diverse individuals, groups and organisations, we have identified 'The Personal Best DNA' which we believe contains the six key elements to help everyone be the best version of themselves and make a positive contribution to the world. Each of these strands are the very foundation upon which our provision is based on to meet the needs of those in need of support in one or more areas.

MIND

Mind

Akin to the phrase 'Mind over Matter' is the awareness that without a strong and healthy mind equipped to deal with challenges of modern life no individual truly can be the best version of themselves. At Personal Best, across our provision we have embedded elements to support individuals navigate the most challenging of environments with resilience and empower them to thrive on a daily basis.

and organisations across local, national and international communities from 2020-2025. unprecedented levels, made possible by its outstanding committed employees. The held the values we treasure most – commitment, consideration for others, collective of our great successes would not have been possible.

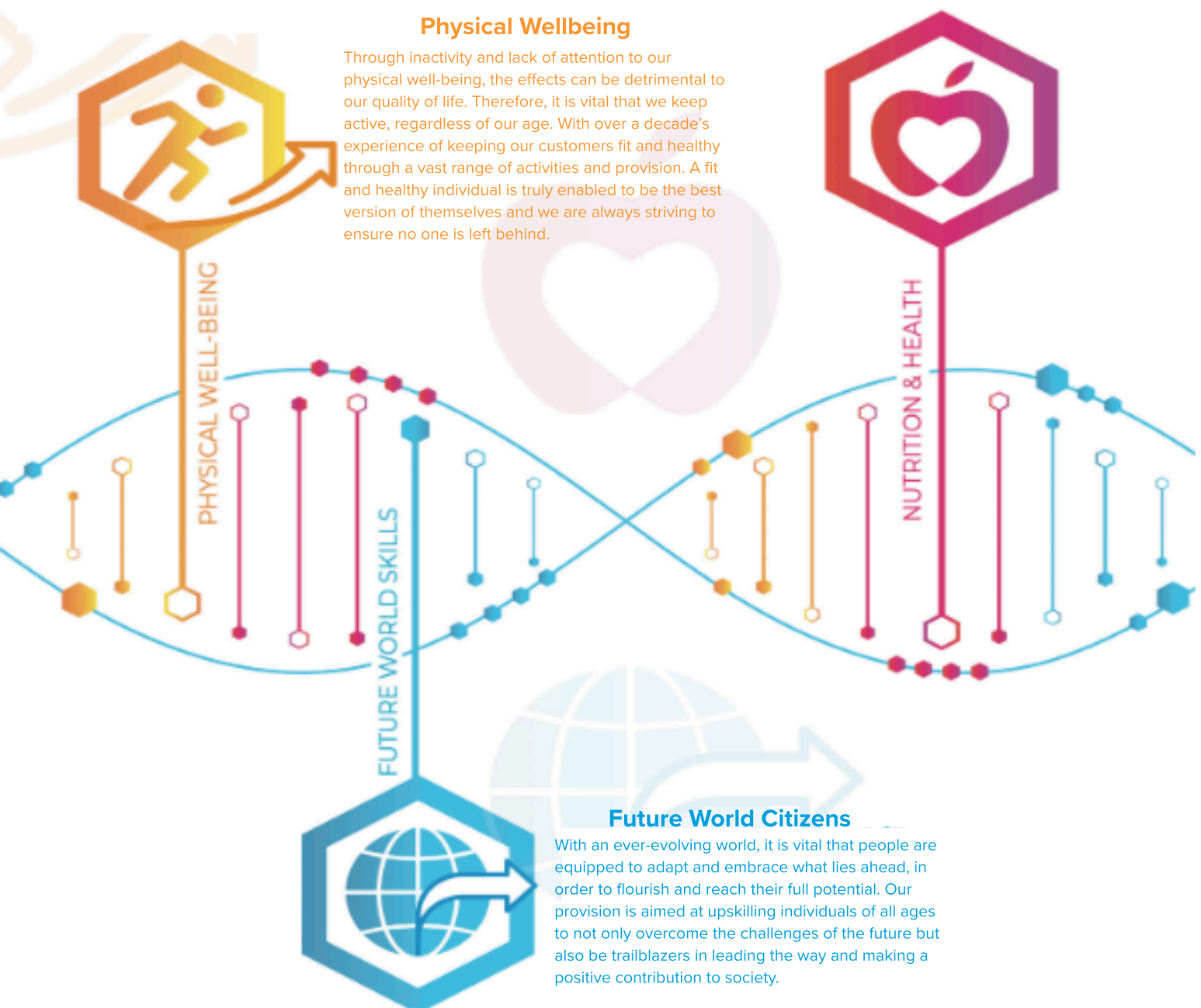
BEST DNA

Nutrition & Health

At Personal Best we believe what individuals put into their bodies is paramount to living a long and healthy life, that can otherwise be a barrier to self-fulfilment and achieving their true potential. Across our portfolio we constantly strive to educate and empower people, as part of our provision, to harness a healthy body through the prism of good nutrition.

Physical Wellbeing

Through inactivity and lack of attention to our physical well-being, the effects can be detrimental to our quality of life. Therefore, it is vital that we keep active, regardless of our age. With over a decade's experience of keeping our customers fit and healthy through a vast range of activities and provision. A fit and healthy individual is truly enabled to be the best version of themselves and we are always striving to ensure no one is left behind.



Future World Citizens

With an ever-evolving world, it is vital that people are equipped to adapt and embrace what lies ahead, in order to flourish and reach their full potential. Our provision is aimed at upskilling individuals of all ages to not only overcome the challenges of the future but also be trailblazers in leading the way and making a positive contribution to society.



SUPPORTING THE

Over the last five years, Personal Best has expanded its services provision in the local community to incorporating many of the key themes of our DNA, ranging from parties and after-school clubs for young people to adult classes, all with a positive impact and strong contribution to the well-being of the community.

ADULT CLASSES

Empowering adults 18+ with inclusive, fun classes to learn, stay active and connect

Classes offered:

- Zumba
- Legs, Bums & Tums
- Pilates
- Over 50's Fitness
- Yoga
- Sign Language for Beginners
- Art & Design
- Painting for Pleasure
- Spanish for Beginners

AVERAGE
NUMBER OF
WEEKLY
PARTICIPANTS

70

Benefits:

1. Supporting fitness, strength and overall wellbeing.
2. A welcoming space to connect.
3. Helping people to feel capable, resilient and supported.

Staff Highlight

Jane Curtis

Supporting the well-being and social connection of the local community



FITNESS SUITE

For all ages to stay active, improve health and build community connections

Services offered:

- Monthly Memberships
- Gym Inductions
- Personal Training
- Member Discounts

AVERAGE
NUMBER OF
MONTHLY
MEMBERSHIPS

110

Benefits:

1. A healthier, stronger community, helping more people stay active.
2. A place that brings people together.
3. Supporting local wellbeing and resilience.

LOCAL COMMUNITY



increase accessibility to all and ensure wider-participation across more diverse demographics. juniors through to fitness and education classes for adults, Personal Best has made a positive and bringing together of the local community.

PARTIES & AFTER-SCHOOL CLUBS

Parties continue to grow year on year, increasing both participation and satisfaction

Services offered:

Parties: Inflatables, Laser tag, Football, Bushcraft, Multi-Sports, Nerf and Gymnastics

After-School Clubs: VR, Badminton, Basketball, Football, Athletics, Multi-Sports and Fitness

NUMBER OF PARTIES

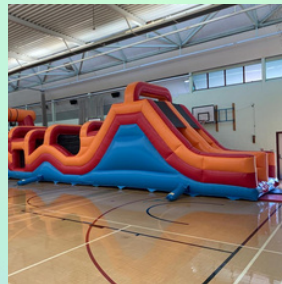
160

Benefits:

1. Giving children a fun and memorable experience.
2. Helping children connect with friends and peers.
3. Encouraging children to try new activities and feel proud of themselves.

Staff Highlight

Lisa Dyer
Organising these parties has given me the chance to create memorable fun experiences for children



FACILITIES HIRE

Providing versatile, high-quality spaces that support community, sports and education

Facilities offered:

- 3G Football & Grass Pitches
- Tennis & Netball Courts
- MUGA
- Gymnasium
- Sports Hall
- Dance Studio
- Theatre
- Recording Studio
- Running Track
- Main Hall
- Food Tech Rooms
- Classrooms

APPROX. NUMBER OF ANNUAL VISITORS UTILISING SCHOOL FACILITIES

5000+

Benefits:

1. Local residents and community groups benefit from high-quality spaces, leading to increased participation in sports and community activities.
2. Strengthening relationships with local community groups and building a more connected community.
3. Accessible spaces encourage regular physical activity and social engagement improving physical and mental wellbeing within the local community.

IMPACT REPORT



SCHOOL HOLIDAY ACTIVITY CAMPS



Since 2020, Personal Best's Activity Camp provision has gone from strength-to-strength by supporting local parents with their childcare needs during the school holidays. Our caring, safe and high-quality activity camps have offered children broad, exciting and enriching experiences.

Staff Highlight

Fin Taylor

The impact of a t-shirt making workshop we delivered when a young girl asked to take home another T-shirt for her brother as he didn't have enough clothes at home



Activities provided:

- Inflatable Games
- Cooking/Baking
- Bushcraft
- Sports
- VR
- Laser Tag
- Archery
- Team Games
- Soft Axe Throwing

TOTAL NUMBER
OF PLACES

6,000+

Benefits:

1. Engaged young people in fun, safe, and structured holiday activities that inspire learning and play.
2. Built life skills and wellbeing, including teamwork, confidence, communication and healthy habits.
3. Strengthened communities by providing inclusive and accessible holiday opportunities for all children.

Parent Feedback

Thank you so much for your time, you made a real difference to my son

Really great sessions that boost confidence and self esteem - Thank you!

Thank you so much for giving Zac a memorable week of activities

It has been a lovely experience for my son, very organised and great activities

IMPACT REPORT



FUNDED HOLIDAY ACTIVITIES & FOOD PROGRAMME

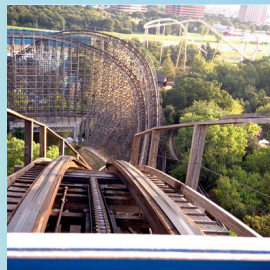


Since 2021 Personal Best has been a key strategic delivery partner of local authority organisations across Hampshire, Surrey, Dorset and the Isle of Wight of the hugely impactful Government funded HAF programme. The HAF programme has provided fully funded places for children aged 6-16 eligible for free school meals, ensuring barriers did not prevent their participation.

Staff Highlight

Blair Byfield

The happy face on a child eating a hot nutritious meal after learning he had only eaten a doughnut at home for breakfast!



Activities provided:

- Science Workshops
- Military
- Djing
- Art
- VR
- Laser Tag
- Candle Making
- Cookery
- Chocolate Making
- Pottery
- Grafitti Art T-shirt Making
- Bushcraft
- Self Defence
- Chessington
- Thorpe Park
- Wildwood Adventures
- Guildford Spectrum
- Go Ape

TOTAL NUMBER OF HAF PLACES

50,000+

Benefits:

1. Engaged young people in fun, safe, and structured holiday activities that inspire learning and play.
2. Built life skills and wellbeing, including teamwork, confidence, communication and healthy habits.
3. Strengthened communities by providing inclusive, accessible holiday opportunities for all children.

Our Partners





SCHOOLS

Since 2012, Personal Best Education has been delivering high-quality sports coaching, provision includes extracurricular activities, such as lunchtime and after-school clubs, in 2023, Personal Best had delivered Bikeability training across the country, supporting our work by introducing significantly

Staff Highlight

Harry Ockwell
Delivering bikeability and seeing the child start nervous and unsure to pedaling away with confidence



Services provided:

- PPA
- After-school Clubs
- Wraparound
- Festivals Days
- Sports Days
- Reward Day Events
- Transition Day Events

NUMBER OF
STUDENTS
SUPPORTED

9,500

Benefits:

1. Enhanced confidence and self-esteem through structured learning and enrichment activities.
2. Strengthened teamwork and communication skills, helping children work effectively with others.
3. Developed essential life skills that support personal growth, resilience and independence.



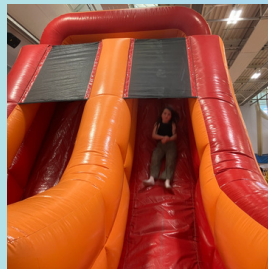
New Forest Primary

Our School



PROVISION

wraparound and enriching educational programmes for schools and young people. Our alongside specialist support for curriculum-based PE across a wide range of sports. By more than 8,000 children annually to learn to cycle safely. In 2025, we further expanded more wraparound provision in schools.



Staff Highlight

Ryan Campbell

Helping children build confidence, resilience, teamwork and leadership skills

Sports delivered



Personal Best offers fun, high quality lessons that motivate all learners. They ensure they cater for the needs of each child and adapt sessions accordingly

We would highly recommend Personal Best Education for an extremely positive impact on sports across the school

As a school we have worked with Personal Best over a few years and cannot sing their praises enough. They are very efficient, friendly, organised and nothing is too much to ask

Partners





CONFERENCE CENTRE



Until 2020 the lower floor of Personal Best's HQ was utilised solely for storage without any concrete plans of how to optimise the space for business, education, or community use. With a strong strategic approach, the concept of a premium conference and training space was identified and developed with funds to support this new development by the exceptional hard work of the Personal Best team, through our commercial activities to donate and support the renovation and refurbishment of the area. The result was the creation in 2021 of an outstanding premium space which could be used by Personal Best and The Mountbatten School as well as generating significant income from hiring by external organisations.

Since its inception, the Conference Centre has gone from strength to strength providing adaptable space that supports learning, partnership working and local economic activity.

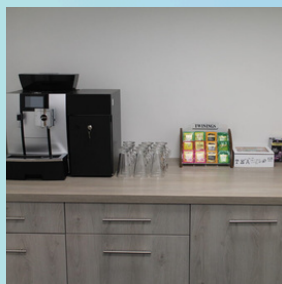
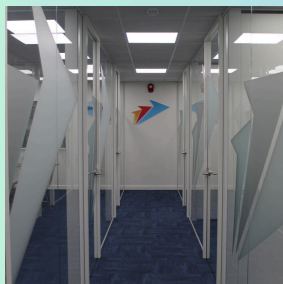
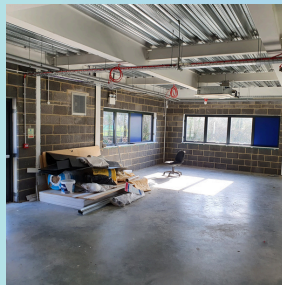
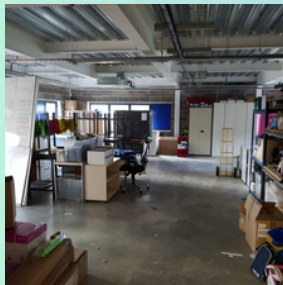
Staff Highlight

Jane Curtis

Knowing that we're instrumental in helping all those GPs develop life saving skills!

Equipment provided:

- Projector
- Whiteboard
- Flipchart
- State of the art coffee machine



Used for:

- Seminars
- Professional Training
- School/Business Presentations
- Mountbatten Leadership Meetings & Events
- Networking Events
- Community Adult Classes

APPROX
NUMBER OF GPs
WHO HAVE
RECEIVED KEY
TRAINING
500+

Benefits:

1. The centre has supported the NHS by hosting GP training, helping develop hundreds of new GPs and strengthening the local healthcare workforce.
2. The centre has contributed to local economic activity by attracting local businesses and charities to the area.
3. We have delivered first aid training to cover 100 participants from local schools, businesses and charities.

Clients have included: NHS, Costa Coffee, Morshead Consultancy, GAR Training, Aspens, Park Yoga, Blue Sky Fostering, Abbotswood Junior School, Rownhams St John's Primary School, New Forest Care

Jane and the Team at PB are very welcoming and make sure we have what we need. Tea/coffee facilities are regularly replenished and the team will help with providing other catering for lunch when it is required. We are very happy with the service we receive from the team at Personal Best and would recommend it!

J Ireland, Admin Manager, NHS Mid-Wessex GP Education



EMPLOYABILITY



From 2020-2025 Personal Best created employment opportunities across both the region and the South of England in a variety of ways which made a significant impact on individuals and the local economy. With roles ranging from permanent to seasonal that helped deliver high-quality provision to all our clients but also helped these committed and hard-working individuals to grow their knowledge and skills.

In 2021, Personal Best Education expanded into the employability sector, supporting individuals to gain valuable workplace experience and developing professional skills through building confidence and helping individuals recognise their abilities.

As part of this approach, Personal Best supported five partner organisations to recruit and employ young people through the Kickstart Scheme, which provided six-month work placements for young people aged 16-24, helping them take meaningful steps into employment.

Staff Highlight

Danny Smith

Seeing young people gain in confidence and take real steps into the workplace is incredibly rewarding



Roles Created:

- Management
- Operations
- Office Support
- HR & Recruitment

AVG NO OF STAFF
EMPLOYED
ANNUALLY -
THROUGHOUT THE
YEAR
40

AVG SEASONAL
STAFFING
OPPORTUNITIES
150+

UNEMPLOYED
18-24 YEAR OLDS
PLACED INTO
6 MONTH WORK
PLACEMENTS
100+

Benefits:

1. Work for a purpose-driven organisation with strong values & positive impact across the community and wider society.
2. Giving unemployed young people age 16-24 valuable paid work experience.
3. Upskilling individuals to positively impact themselves, Personal Best and wider society.



KICKSTART
SCHEME



Department
for Work &
Pensions

jobcentreplus



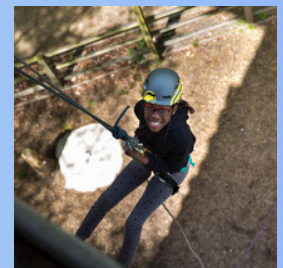
NCS RESIDENTIAL: AWAY FROM HOME



NCS offered a range of experiences for young people that supported them to become world-ready and work-ready, through growing their confidence, independence and skills; it connected them with people from all walks of life and empowered them to make a difference in their communities and wider society.

Staff Highlight

Fin Taylor
Watching the young people doing the conga around the fire pit on the last evening of NCS



Activities offered:

- High Ropes
- Surfing
- Canoeing
- Paddle Boarding
- Co-steering
- Ultimate Wipeout
- Kayaking
- Raft Building
- First Aid
- Fire Fighting
- Forensic Investigation
- Circus Skills
- Self Defence
- Money Budgeting
- Presentation Skills
- Cooking Workshops

TOTAL NUMBER
OF
PARTICIPANTS

8000+

Benefits:

1. Increased access to high-quality, structured experiences for young people from diverse backgrounds, ensuring inclusive participation across the programme.
2. Removed barriers to engagement for young people who may not otherwise access residential or extended youth development opportunities, broadening reach to underrepresented groups.
3. Achieved consistently high attendance and completion rates, strengthening overall programme delivery and contributing to the national scale of experiences provided.



"He has had an amazing first week and come home full of praise for the team leaders that were with him, the organisation and all the activities which have been absolutely fantastic."



IMPACT REPORT



NCS COMMUNITY:



GROW YOUR AMBITION

Grow Your Ambition empowered young people across the South East to become work-ready, confident and future-focused. The programme built resilience, wellbeing and respect for diversity, helping participants make a positive impact in their communities.

Delivered in flexible and local formats, it offered year-round opportunities for growth and achievement. We worked with regional partners to reach young people across the South East.

Staff Highlight

Danny Smith

Collaborating with like-minded organisations has been a highlight for me, especially developing a programme that enabled over 2,500 young people to learn emergency first aid. I'm incredibly proud of that impact—and I hope they never have to use it!"



Experiences offered:

- Volunteering
- First Aid
- Sign Language
- Employability Skills
- Network Rail Initiative
- Team Building
- Laser Tag
- Virtual Reality

**TOTAL NUMBER
OF EXPERIENCES**

16,000+

Benefits:

1. Gained practical skills in First Aid, sign language, communication, and employability.
2. Built teamwork, leadership, confidence and resilience through group projects and challenges.
3. Engaged with the community through volunteering, fostering social responsibility and connection.

Our Partners



IMPACT REPORT



INITIATIVES SUPPORTING THE MOUNTBATTEN SCHOOL

As a purpose-driven organisation, Personal Best has always endeavoured to provide assistance to The Mountbatten School through a wide-range of initiatives for the good of the community.

A strong focus has always been on helping The Mountbatten School through financial, operational and other initiatives, which has had a positive impact on its students and other members of the community.

Staff Highlight

Henry Shepherd

A real highlight for me has been seeing Mountbatten students flourish during their work placements. Being part of their journey and witnessing their progress, independence and achievements has been very rewarding.



PROVIDED SIGNIFICANT ANNUAL FUNDING TO THE MOUNTBATTEN SCHOOL FOR FACILITIES AND STAFFING THAT BENEFITTED ALL STUDENTS

DONATED OVER 100 EASTER ACTIVITY PACKS TO SOUTHAMPTON HOSPITAL'S SPECIALIST CHILDREN'S WARD

PROVIDED NUMEROUS WORK EXPERIENCE PLACEMENTS FOR MOUNTBATTEN STUDENTS EVERY YEAR

DONATED 50+ SLEEPING BAGS TO A HOMELESS CHARITY

SPONSORED THE MOUNTBATTEN SPORTS ACADEMY'S COMPETITION KIT FOR £5000

MOUNTBATTEN SCHOOL AND GOOD CAUSES



to locally based individuals, groups, organisations and lend its support to good of others.

rational, pastoral and learning support which have made an enormous er key stakeholders.



Staff Highlight

Danny Smith

We were each given £100 to donate to a charity of our choice, which was a really thoughtful initiative. It was great to be able to support a cause that's personally meaningful to me.

PROVIDED FREE
DAYTIME ACTIVITY
CAMPS OVER 3 MONTHS
FOR 25+ VULNERABLE
CHILDREN AND THOSE
OF KEY WORKERS
DURING THE COVID-19
PANDEMIC ON BEHALF
OF THE MOUNTBATTEN
SCHOOL AND OTHER
LOCAL SCHOOLS

DONATED 10 BIKES TO
KNIGHTS ENHAM
PRIMARY SCHOOL

DONATED £100+ TO
EACH STAFF
MEMBERS' CHOSEN
CHARITY

DONATED 30+ BIKES
TO THE NEW FOREST
BIKE PROJECT

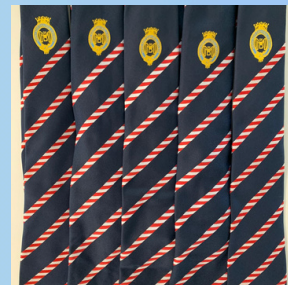
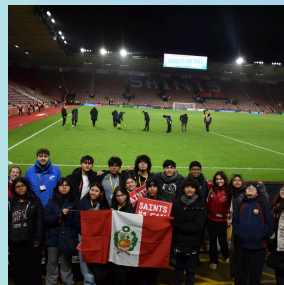
DONATED TENTS TO
HAMBLE SEA SCOUTS



Summer 2025 saw the soft launch of Personal Best International Education with the goal of
Our innovative proposition of integrating international and British students to learn
In only our first six months we welcomed students from around the globe and are set to sign
America, South East Asia and beyond.

This exciting addition to our portfolio will result in helping individuals not only locally, but
impact across the world.

Staff Highlight
Ellie Campbell
Taking the International
students to London and
introducing them to our
capital city



Our Aims:

Equip Tomorrow's
Generation with
Key Skills for the
Future World

Promote Collective
Responsibility for
the Future World

Promote
Collaboration
through
Intercultural
Learning to make a
Better Future
World



PROVISION



of bringing the world to The Mountbatten School and its students.
learn together and open young minds, is very unique.
significantly grow our reach in the future in new regions such as Latin
beyond.

internationally, achieve their Personal Best and make a positive

PersonalBest
INTERNATIONAL EDUCATION

Shaping Tomorrow's World

Together



Staff Highlight

Ariane Weller

Watching the students
bond with each other
and their buddies,
starting as strangers and
now friends for life!

9 Nationalities in the first 6 months



Benefits:

1. Giving Mountbatten students first-hand exposure to different cultures and ways of thinking.
2. Improving future employability potential of young people.
3. Creating better global citizens and influencers of the future world.
4. Helping teachers become more versatile and adaptive in teaching style.
5. Helping the school become more attractive to prospective students and teachers.

OUR JOURNEY-

2020

The world changed dramatically and so did we. Personal Best adapted quickly to continue supporting local people when they needed it most

- Delivered free activity camps during COVID for vulnerable children and children of key workers
- Expanded community support during lockdowns
- Continued supporting The Mountbatten School and local community
- Identified the six strands that would become 'The Personal Best DNA', creating a clear vision for future growth

2021

As communities began to recover, Personal Best entered an exciting period of expansion

- Conference Centre launched
- Holiday Activity & Food (HAF) delivery begins
- Kickstart Employment Scheme and partnerships launched
- Community health and wellbeing provision expanded

2022

Personal Best continued to grow

- Holiday camps reached thousands of children
- Community fitness and wellbeing programmes expanded
- Schools provision continued to grow
- New staff recruited across multiple departments
- More jobs created with significant investment into facilities and equipment



2020 to 2025

2023

This year saw major growth across education and skills

- Number of school partnerships increased
- GP training delivered at our conference centre
- Community classes continued to diversify
- New delivery of NCS Community Grants helped us reach more young people than ever



2024

The organisation matured into a more diverse enterprise

- Holiday programmes reached record participation
- Community facilities welcomed thousands of visitors
- Employment opportunities continued to grow
- Investment into partnerships and local charities increased
- Support for schools expanded with new Year 7 Transition Day provision



2025

A global vision was created, shaping tomorrow's world

- Launch of Personal Best International Education
- Students welcomed from nine countries around the globe
- Further expansion of wraparound provision
- Continued growth across every area of delivery



**“Life isn’t about finding yourself,
life is about creating yourself.”**

- George Bernard Shaw

