



PERSONAL BEST
EDUCATION

Annual Report 2021



PERSONAL BEST EDUCATION

OUR HISTORY

Established in 2012 for the purpose of supporting the physical and mental well-being of the local community, Personal Best has gone from strength to strength ensuring individuals from diverse backgrounds of all ages can benefit from our extensive provision and facilities. Our significant impact has been felt throughout Hampshire and beyond, from equipping young people with key life skills to promoting healthy living for all ages to helping combat loneliness in vulnerable age groups.

OUR VALUES

Since its inception, Personal Best has never veered away from its core values which remain the same today. We believe that individuals from all walks of life, whatever their goals or needs should be given the opportunity to achieve their Personal Best for themselves, their family, their community and the wider world.

OUR GOALS

At Personal Best we aim to provide a broad portfolio of premium educational and leisure services to our clients that will enhance both their physical and mental well-being, as well as prepare and equip individuals for the challenges of the modern world in order to succeed.



NATIONAL CITIZEN SERVICE

The National Citizen Service (NCS) provides young people, aged 16 and 17 years old an opportunity to take on new exciting challenges. We aim to empower participants by developing skills such as independence and confidence, whilst providing a clearer idea of what they may want to do in their future. Young people are given a platform to give back to their local community and make a lasting impact with the friends they have made throughout the programme.

755

Participants across 9 sites
in Hampshire and West Sussex

£64,000

RAISED FROM A DIRECT IMPACT

720

HOURS DONATED TO MULTIPLE CAUSES

33

CHARITIES
SUPPORTED

"It feels so rewarding helping clean up my local town and providing my community with a cleaner, more welcoming environment."

"NCS has introduced me to many charities and I will be volunteering again as soon as I can."

- Molly

HOLIDAY CAMPS

For over a decade Personal Best has been providing children in Hampshire with a fun and educational experience giving parents the peace of mind that their children are in a safe and secure environment, whilst providing a mix of team games, sports, arts & crafts and new experiences.

With funding from Hampshire County Council, through the HAF (Holiday Activities and Food Programme), we were able to expand our provision to Eastleigh and Gosport, offering free places to students who are eligible for free school meals this summer.

2268

**PLACES IN:
EASTLEIGH
GOSPORT
ROMSEY**

1520

HOT MEALS 🍴🥗

6804

ACTIVE HOURS



"My son struggles with childcare and groups of other children but Personal Best have welcomed him and ensured that he is included in all activities in a way that is meaningful to him."

- Parent Guardian

BIKEABILITY



Bikeability is the government's national cycle training programme. It helps people of all ages learn practical skills and understand how to cycle on the roads safely. Bikeability gives everyone the confidence to cycle and enjoy this skill for life, whilst helping save lives and serious injury on Hampshire's roads.

- For all levels of experience
- Qualified, expert instructors
- Available all year round across England

180

SCHOOLS ACROSS HAMPSHIRE

5500

LEVEL 1+2

PARTICIPANTS



200

LEVEL 3

PARTICIPANTS



SPORTS COACHING

Personal Best Education has been delivering sporting coaching opportunities for over 10 years for schools and young people. These range from Extra Curricular activities including lunchtime and after-school clubs, as well as support for delivering curriculum PE in a wide range of sports.

1496
CHILDREN
SUPPORTED PER WEEK

176 HOURS
OF ACTIVE TIME PER WEEK

100+
SCHOOL STAFF
BENEFITED FROM CPD

20+ SPORTS
DELIVERED

160 SCHOOLS
DELIVERY PARTNERS

"Staff are very well trained and provide high-quality provision to the school. The children love the sessions which are inclusive, fast paced and engaging. We receive personalised support and advice whenever needed."

Tina - Scantabout Primary School
Head Teacher



FOOTBALL DEVELOPMENT CENTRE

At Personal Best we pride ourselves on the successful delivery of our Football Development Centre here at The Mountbatten School. We provide weekly professional training for players aged 4-15 along with a successful adult 6-a-side league. Following on from a successful season at our Bishop's Waltham Soccer School, we were able to help Bishop's Waltham Dynamos create 2 x U7s teams to play competitive football for the club.

75-100

**ATTENDEES EVERY WEEK TO
OUR SOCCER SCHOOLS**

43

**SIGN UPS TO
OUR FOOTBALL
DEVELOPMENT
CENTRE**

12

**ADULT TEAMS IN
OUR PERSONAL BEST
6-A-SIDE LEAGUE**



TEEN PROJECT

Personal Best Education funded Teen Projects across Hampshire, Surrey and Dorset County Council areas this summer. Each day of the project consisted of a specialist workshop on one of the following themes; Life Skills, Team Building, Creative Design and Business Enterprise. Young people had the opportunity to learn about future career opportunities, engage with new people and most importantly receive a free hot meal each day.

3237 **TOTAL BOOKED PLACES**

1378

SIX VENUES IN DORSET



1177

SEVEN VENUES IN HAMPSHIRE

682

SEVEN VENUES IN SURREY

20

**WORKSHOPS INCLUDING:
CREATIVE DESIGN
ROBOT CREATION
FIRST AID
MIXOLOGY**

ADULT PROVISION

Our Adult Provision courses are designed to provide an inclusive space for anyone over the age of 18 to learn a new skill, stay fit and healthy and meet other like-minded people from the local area. Coming out of COVID-19, the classes we provide also strive to combat loneliness and allow participants the opportunity to socialise in a safe space. With an array of highly experienced tutors, our courses can turn any novice into an expert!

163

HOURS DELIVERED

9

COURSES

**INCLUDING:
FRENCH CLASSES
ADULT PAINTING
PILATES**

"The adult painting class is a wonderful place to come and clear my head. For one evening a week I completely lose myself in art and creativity and let my mind take a colourful walk along a blank canvas."

- Mary

105

PARTICIPANTS



EMPLOYABILITY

In 2021, Personal Best Education entered the employability sector aimed at supporting individuals through offering valuable experience and key skills, which are vital within the workplace. In addition, one of the key factors we believe helps individuals into employment is confidence in themselves and their capabilities.

31

COACHES AND INSTRUCTORS

122

SEASONAL STAFF

6

**ADULT TUTORS
AND LEISURE STAFF**

Personal Best Education is a gateway organisation currently supporting five other companies to recruit and employ young people eligible for Kickstart.

The Kickstart Scheme is a £2 billion fund to create hundreds of thousands of high quality 6-month work placements for young people aged between 16 and 24.

13

**KICKSTART
RECRUITS**

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

- George Bernard Shaw

