



CKC through the Pandemic

Impact report: March 2020–March 2021



May 2021



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If you would like to donate to Capital Kids Cricket and help us to achieve our goal of changing the lives of disadvantaged children and young people across London, then please visit:

www.donorbox.org/ckc-donate

Any donation you can make is a huge help to us!

Front cover: Participants from our #CricketAgainstCovid campaign, virtually throwing a ball around the world

Introductions

Rising from the Ashes



When the world was struck by the pandemic our little world of kids cricket in London seemed to be entirely irrelevant, let's draw the blinds and shut up shop.

Guess what? that did not happen.

The amazing resilience and work of our coaches and staff proved what a vital force we are in the community.

The problems in the past year are well known, lack of exercise, isolation and financial hardship. In this report you will see how these problems have been seen as an opportunity and addressed by CKC. We have been financially supported by a variety of sources, but in the end, we have been recognized as a dynamic charity that delivers success and overachieves on its objectives.

We are a small charity with minimal overheads. Our team of coaches backed by committed trustees have had a real impact on school cricket in London over thirty years. These skills have logically translated to demonstrate that the attitude of a team sport can make a real contribution to society. Playing together, working together, supporting each other.

We are all in the team, all together redefining a new Ashes without a little urn.

Haydn Turner – CKC Chairman



The last year has been marked with reflection and change; some days feel good and others feel strange. The pandemic has forced us to learn new skills and we have had to adapt to deliver sessions and provide vital support to our participants who, in some cases, have needed our help more than ever. Credit must go to our excellent staff: Joe Fisher, Ray Tudor, Denise O'Neill, Jerry Bramble, Adnan Choudhry and our many volunteers and sessional coaches.

Driven by our desire to maintain regular engagement with our participants, we created health and wellbeing groups to provide support, ran various activities and challenges to keep children and families active and even connected with people from all over the world. As a result, we received national recognition from the National Lottery and Surrey County Cricket Club, and I was honoured by them.

My sincere thanks go to our valuable funders, sponsors and donors who continue to support us in this difficult time. The government job retention scheme has also been a key lifeline this year.

This report will give you a brief insight into what we do. I hope to receive your continued support.

Md. Shahidul Alam (Ratan) – CEO

CKC During Lockdown

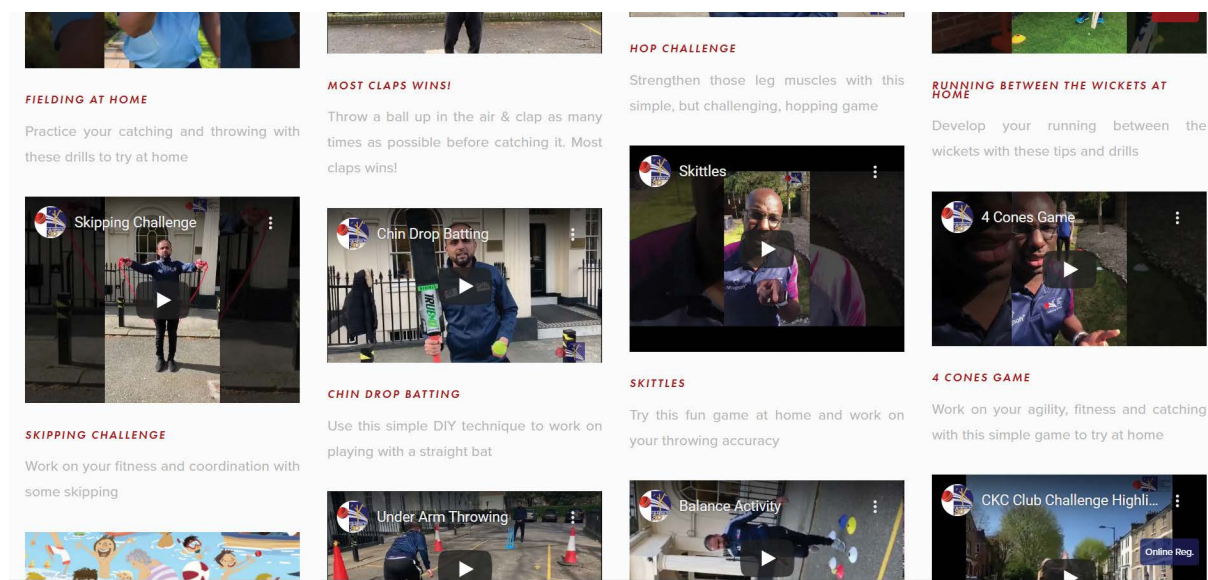
Activity Zone

As the country went into lockdown in March, we immediately began to look at ways in which we could continue to work with the families and communities that we support. In a year of innovations for our delivery, the Activity Zone was the first and provided an engaging platform which would be the foundation for several of our projects in 2020.

Stats

Total views: 3,415
Total activities to date: 38
Activity Zone visits: 610

Filled with drills, games and activities for children to try at home, we will continue to add to it going forward and are excited by its potential to not only reach the children we regularly work with, but also connect with children around the world.



Club Challenges

Following the creation of the Activity Zone, and with a growing number of activities and games available, we launched a 'Club Challenge Week' for our three junior cricket clubs – West Ham and Stratford CC, Leyton Wicketz CC, and Tower Hamlets CC.

Formed to provide some fun and relief from the pandemic/lockdown, we had no idea the challenges were about to go global! Come the third week, however, we had children from across the UK, South Africa, California and the Shatila and Bekaa refugee camps (Lebanon) taking part, recording their scores and sending in their pictures and videos.

“I enjoyed the challenges because it was not boring and made me feel happier. Because of the lockdown having to stay in our houses, no sport and no nothing. My favourite challenge was throwing at the targets, because it helped me with aiming and throwing.”


Dominic 8 years old (7 at the time of the challenges)



CKC CLUB CHALLENGE AVERAGE LEADERBOARD

CHALLENGE AVERAGE POINTS

CLUB	LOCATION	CLAP CATCH	KEEPY UPS	RUNNING BETWEEN THE WICKETS	WALL CATCHING	BATTING TENNIS	TOTAL
1. THCC/CFS	London	11.55	500.50	37.75	132.92	50.33	733.05
2. Barking	London	9.60	299.00	30.22	125.11	138.33	602.27
3. California Cricket Academy	Cupertino	12.15	249.80	34.83	100.81	76.47	474.05
4. South Loughton	London	12.68	137.00	31.97	97.83	89.58	369.06
5. North Middlesex	London	11.26	132.84	36.43	108.31	70.26	359.10
6. Stoke Newington	London	10.90	126.05	33.13	101.94	65.43	337.45
7. Leyton Wicketz	London	8.00	25.00	32.50	103.50	152.00	321.00
8. Cedar CC	Beirut	6.94	104.68	29.90	83.16	46.30	270.98
9. Bancroft Lions	London	8.00	109.29	32.55	81.23	9.11	240.17
10. Batley CC	Leeds	4.82	53.26	31.90	59.00	12.92	161.90


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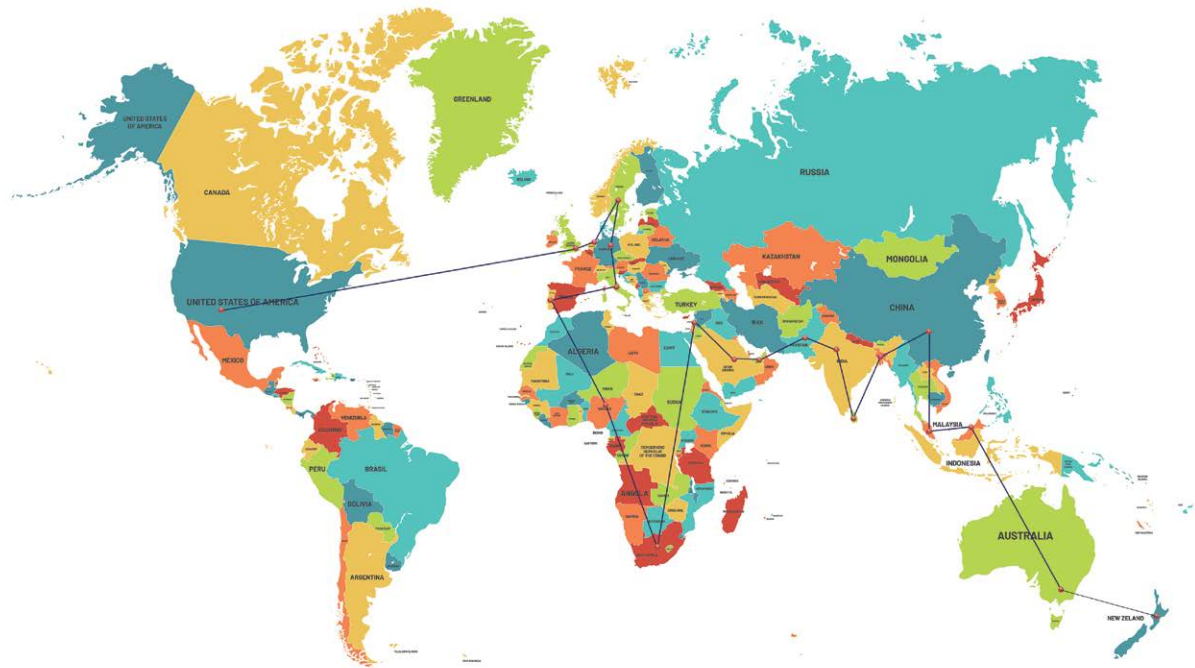
“It was fun doing the challenges, as we had no cricket training and were mainly isolated in our homes. It was also great doing them, because you would learn and practice skills in a very fun and enjoyable way. I was much less bored as I had daily activities to do and not sit on the couch all day. It was also nice as you were challenged and still competing.”

Roy, 12 years old (11 at the time of the challenges)

Stats
 Total participants: 416
 Total clubs: 16

CKC's Virtual World Tour – #CricketAgainstCovid

Following up on the success of the Club Challenges, we decided to go one step further and attempted to 'virtually' pass a ball around the World. Using videos sent to us by people from around the world, we linked them together and had the ball entering from one side of the screen, being caught, and then thrown off the other side to give the impression of the ball being passed from one person to the next.



Starting in London, the ball travelled all over the UK before making its way to Australia and the USA via countries including Italy, Sweden, South Africa, Pakistan, India, China, and Singapore.

Once completed we held a global celebration on Zoom with children from around the world taking part in a cricket session online with a mixture of catching and batting activities.



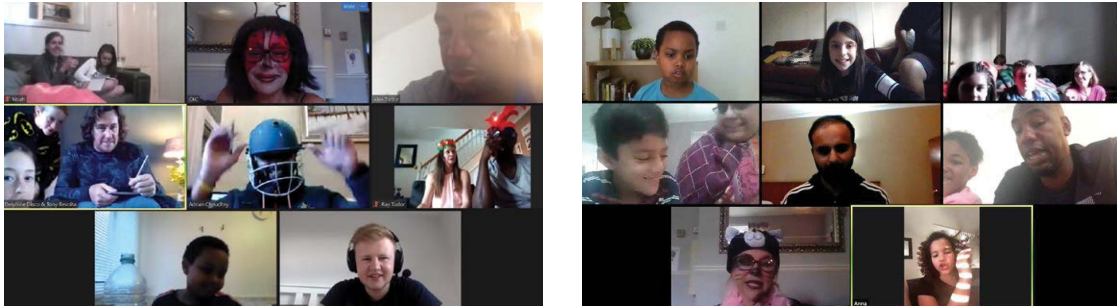
Stats

Total countries: 21

Total participants: 76

Quizzes

Online quizzes became all the rage during the first lockdown and CKC were no different! Run by Denise each week, the quizzes were all based on children's films and provided a great way to keep children (and parents) entertained while also offering an escape from the stress and worries of COVID-19 and lockdown.



Over time the quizzes grew to include fancy dress and even became popular among a couple of former England cricketers and their children!

“I enjoy everything about it and love asking my friends to join the quiz and I love dressing up too. We have pictures in the quiz which is really fun too. And I think Saturday night is really fun!”

Naomi, 7



“Denise’s quiz is about kids having fun. We watch kid’s movies and write some things that she might ask about each film.”

Shamama, a parent from Leyton Wicketz, on her and her children’s experience of taking part in the quizzes

At the beginning, my children were shy, and they would participate but would not share their ideas or be confident enough to speak out loud, so I used to facilitate this so they would enjoy themselves. Slowly, we built up a relationship with the families who came regularly. It became our Saturday night social, and we used to look forward to it every week! It was probably the only socialising my children had with other kids during the lockdown.

During this time, I noticed that Ibraheem (my eldest) started to increase in confidence. He would be very happy to talk to the other children and was very cheeky with Denise! This was a side of him I had never really seen before, especially with a group of families who were essentially strangers to us right at the beginning. I could see his confidence growing, to the point where he challenged Denise to be the quiz master himself! He grew so much during this experience and together with the cricket challenges I found he had become much more comfortable with socialising and found his voice. He is now a different person, with both face to face and online interactions.

Improving Physical and Mental Health During Lockdown

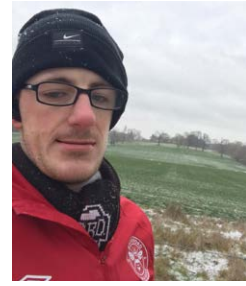
An online survey we conducted during the first lockdown found that 51% of the families surveyed had been less physically active than normal, 70% of parents were worried about their child's mental health because of the pandemic, and 46% of families were concerned about going to their local park to exercise.

In response, and alongside our many online cricket challenges, we worked hard to keep families physically active. When possible, this included aerobics and walking sessions in the park but, for the most part, activities took place online.

Virtual Walking Challenge

Encouraging families, parents and children to try and walk at least 10,000 steps a day, our virtual walking challenge quickly grew from a few keen walkers to over 70 participants who, between January and May 2021, had covered enough distance to complete a full circuit of the World!





Not only did the challenge improve the physical and mental health of those who took part, it also helped to reduce isolation and, although it had to be run via a WhatsApp group due to COVID-19 guidelines, a sense of community and shared endeavour quickly grew. Congratulations to everyone who took part!

Family Fitness

Reaching just under 60 families, our online fitness activities proved very popular throughout the year. Featuring activities including yoga, aerobics and boxing, our sessions were attended by 18 families on average. As a result, parents reported a noticeable improvement in their physical and mental health with one mother commenting “I have noticed that after the sessions I feel much more relaxed and mentally better”.

“After my session I always feel very energetic and light, and it has helped me in my home life a lot too! I am able to get chores done faster and I can play with my children so much more now and they are so happy because I can run around, carry them and just be more flexible overall and they say to me “mummy you are my best friend” and it makes me very happy. They also tell me that they don’t want me to get old (laughs) and that is one of my inspirations to carry on staying fit and healthy.”



Rehana, a mother who took part in the sessions

Tackling Digital Isolation

With work, socialising and recreational activities moving online as a result of the pandemic, the challenges of digital isolation (not having access to an internet connection/a device) have been highlighted more than ever over the last year.

Thanks to funding from Sport England’s ‘This Girl Can’ fund, we were able to provide 15 digitally isolated families with a tablet and training on how to use it. Preloaded with all the necessary software, including educational materials for children, the tablets enabled children to attend online school lessons and families to take part in our many online activities.



Hospitals

As with all our projects, our work in hospitals came to an abrupt halt in March. As restrictions were eased, however, we were fortunate enough to return to running 'in-person' sessions at Chelsea Community Hospital School and, for the first time ever, virtual sessions for children at Evelina Children's Hospital School.

Chelsea Community Hospital School (CCHS)

Sessions at CCHS resumed in the summer but had a very different feel with the children/ young people, who suffer from a range of mental health difficulties, having faced particularly challenging circumstances because of the pandemic. Denise O'Neill, our specialist coach who delivers the sessions, also had to adapt. Instead of running PE sessions, she suddenly found herself assisting in GCSE maths classes, driving the hospital's minibus, or teaching crochet as a calming and creative activity.

Parakeets in the Park – Our Happy Place



Despite all the challenges of the last 12 months, I have been lucky to continue working with the children at CCHS since July when we ran a holiday programme to get the children ready for their return to school in September.

Throughout July and August, we had an amazing time, playing sports and going on day trips to places including Chessington, Tate Modern and on canal boat trips.

Due to new restrictions in September, however, sports had to stop. Despite this, we have been doing a long walk every week in Hyde Park and the children have found what they call their "happy place" where we feed the parakeets in the park. We found that if we stand still and hold apples in our hands, the birds will come and sit on us and, while some of the children were nervous to begin with, they faced their fears and now find it both a lot of fun and very calming.

Denise on her time at Chelsea Community Hospital School

Our Little Crochet Club



During the first lockdown I, like many people, became very bored at home so started a new hobby – crocheting!

I found it impossible as a child but, with some help from YouTube videos, I was making blankets within a week and found that it was a very relaxed and calming activity that did wonders for my mental health.

Given what it did for me, I thought it may work well at the hospitals too. After some persuading (a lot of the teenagers said, “only old people do that!”), we eventually had our own little crochet club where we could sit and talk through some of the problems they were facing while focusing on a project such as making a scarf or blanket.

Crochet has become an amazing tool for the children to use when they are feeling anxious or stressed and, even on my days off, we have had online crocheting sessions. It is an honour to work with these guys and I cannot wait to see what we make next!

Denise on her time at Chelsea Community Hospital School

Evelina Online

In October, with it still proving impossible for us to return to working in both Evelina Children’s Hospital School and Great Ormond Street Hospital School, we began to run our first ever online sessions for children at Evelina.

The children were ecstatic to be reunited with Denise and Ray (CKC Head Coach). While these sessions could never replace ‘in-person’ sessions, the coaches have worked hard to find new and creative ways to keep the children active and entertained. This included a special World Book Day celebration organised by the hospital with Ray and Denise dressing up for the sessions.



Coming Out of Lockdown: CKC Summer Camps

Following the lifting of restrictions in the summer we were finally able to get back outside and do what we do best while ensuring sessions were run safely and in line with COVID-19 guidelines.

Millwall Park Summer Camp



With funding from the East End Community Foundation, we ran four weeks of cricket activity at Millwall Park – an area where, despite having facilities, junior cricket has been dormant for several years. In our first steps towards revitalising cricket in the area, the camp featured nine hours of cricket a week as well as several workshops covering themes such as caring for the environment, recycling, and building life skills such as confidence and leadership.

Although our plans to continue cricket in the area were put on hold as restrictions came back, we hope to be back in the park in summer 2021 to continue our initial success.

West Ham Park Summer Camp

Our annual summer camp in West Ham Park took on even more significance in 2020 as it gave children and parents the opportunity to see friends and exercise outside for the first time in months. Prior to running the camps, we heard from parents about the lack of outdoor space they had access to during lockdown and the fears both they and their children had in returning to activities once restrictions were lifted.

In response, we worked hard to provide activities for both children and parents that allowed them to get out into the park and get active. For children we ran cricket sessions and workshops, while for parents, particularly mothers, we ran aerobics, badminton and volleyball sessions.



Health and Wellbeing Project

From January 2021 to March 2021 our Health and Wellbeing project, funded by the Charities Aid Foundation and the GLA's Stronger Communities Fund, allowed us to continue to run our many online physical activities while also introducing new activities and, for the first time in our history, a food poverty project.

#CKCAgainstHunger

Run out of Leyton Sports Ground, the venue provided in-kind by London Borough of Waltham Forest, our staff and team of volunteers worked tirelessly to purchase, package and deliver meal boxes to 70 families living in Waltham Forest, Tower Hamlets and Newham.

In total we completed four fortnightly deliveries, with boxes containing enough ingredients to prepare a minimum of 14 meals. We also provided families with healthy recipes to try at home, a range of activities (kindly provided by West Ham Park/City of London) and a factsheet containing advice and guidance on how to stay safe in relation to COVID. The deliveries ended with special Ramadan and Easter themed boxes including items such as dates and Easter eggs.

We are now seeking funding to continue and expand the project and hope to be able to gain enough funding to run it for an entire year.



Stats

70 families supported

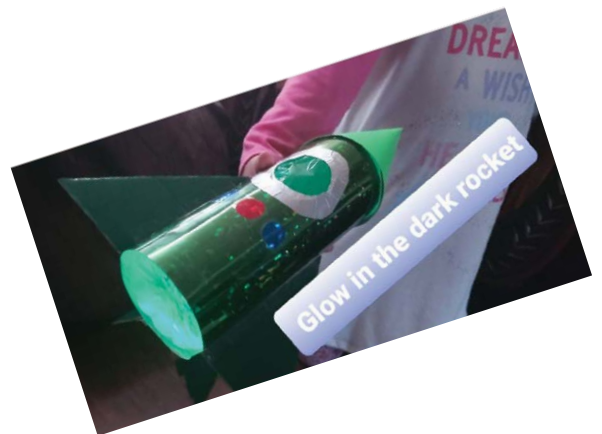
280 deliveries

3,920 meals worth of food delivered



CKC Creative Challenges

Alongside the food delivery we ran creative challenges designed to offer relief from the pandemic/lockdown, and engage the whole family while strengthening bonds between children and their parents. Included in these challenges was a cooking competition as well as several arts and crafts challenges, including a Build a Rocket competition.



The Kia Oval

On 15 December 2020 the Kia Oval, home of Surrey County Cricket Club, changed its name to the Kia Shahidul Alam Ratan Oval for a day, in recognition of the community work that Capital Kids Cricket has done throughout 2020 and, most notably, during the first lockdown.



The decision to rename the Kia Oval was part of an initiative from The National Lottery following the findings of a new UK-wide study which showed that nearly half of sport fans (44%) believed 2020 should be the year we celebrate community sportspeople in the same way we celebrate professionals, with one in three (38%) saying the trying circumstances have made them more appreciative of local sports volunteers, and two thirds (63%) saying the pandemic has increased their love of sports and being active.

Thank you to Surrey CCC and The National Lottery for the recognition!



Supporters

Throughout 2020, when everything about the future was uncertain, we ran several fundraising campaigns to help keep us going. We would like to take this moment to say a special thank you to everyone who donated and supported our fundraising campaigns and for everyone who took part in the various challenges and activities we ran. Without your support we would not have been able to achieve all we have done in the past year.

Kanan's Treadmill Challenge

A special mention must also go to Kanan Thiyagarajah. Kanan, having gained his level 2 coaching certificate while coaching with us at West Ham and Stratford CC, has gone on to be an integral part of Essex Cricket in the Community's coaching team and spent much of last year supporting various COVID-19 causes and projects.

In this time, Kanan also supported our fundraising efforts through his treadmill challenge. On 21/22 March Kanan and his family walked on a treadmill for 24 consecutive hours and raising valuable funds for CKC. Thank you Kanan!



Donate

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www.donorbox.org/ckc-donate

Any donation you can make is a huge help to us!



Our Funders and Supporters



Quality Marks



The Future

After a tough year, we enter 2021 with a renewed vigour having been very fortunate to secure funding that will now allow us to expand upon the projects we already deliver while developing new areas of work to support even more disadvantaged children, young people and families.

Included in this work will be the launch of a brand-new Pupil Referral Unit (PRU) project that will enable us to work with children and young people who have been excluded from mainstream schools. Through cricket and the delivery of life skill workshops, we aim to go into PRUs and assist the pupils in their journey back to mainstream education.

We will also be reinvigorating our work with refugee and asylum seeker groups across east London and looking to gradually expand the project across London in the years to come. Through regular cricket sessions and the formation of teams we aim to help those who attend settle into life in London. We will be providing wider benefits such as access to ESOL classes and assisting where we can in education and the development of employability skills.

These are just two of the many exciting projects and developments we have planned for 2021 – watch this space!

Staff and Trustees

Staff

Md. Shahidul Alam (Ratan) – CEO
Joe Fisher – Operations and Development Manager
Ray Tudor – Head Coach
Denise O’Neill – Inclusion Coach
Jerry Bramble – Development Coach

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