

Template (2)

Board Agenda

1. Start of the meeting

1a. People's Story

2a. Welcomes and Apologies

2b. Declaration of interest

2c. Minutes of last meeting – insert date (to confirm accuracy only)

2d. Action Log – reviewed and updated

Actions completed since last meeting include:

Actions outstanding include:

3. Matters for decision / approval

3a. b. c. d. etc

Report Format : –

Title / Author / What do we need you to know? / What are we asking Board ?

4. AOB

5. Date of next meeting



Beyond Empower



Social Impact Report 2022 - 2023



What we're all about



Beyond
Empower

Vision

Our vision is an inclusive world for disabled people

Mission

Our mission, or contribution to this vision, is to help places #DoItDifferently to support healthy, active lives for disabled people

Principles

The principles we work to which help us towards this are:

Positivity – approaching the work we do with a positive outlook and mindset

Collaboration – working with, rather than against, the people and places around us

Problem-solving – being solution focused and open minded

Lasting change – we want the people and places we work with to be able to get on without us

What we do

To help us towards our vision and mission, here's some of what Beyond Empower got up to in 2022 - 2023:

Delivered Empower You in Salford, Tameside and Trafford, to help them support disabled people to lead healthy, active lives.



Provided expert advice and consultancy to support local disabled people, groups and organisations. Supported disabled young people active in Salford and explore the potential of inclusive digital activity with Sport England.

Took a strategic position in Greater Manchester, leading on Greater Manchester Moving's Commitment to Inclusion for Disabled People in Leisure and Active Travel



Our impact

From this work, we achieved the following for disabled people and local places:

186 disabled people reached



92% disabled people more active



72% disabled people seeing improvement to health and wellbeing



78% disabled people keeping active beyond our support

88% providers better equipped to support disabled people



88% providers seeing increase in the number of disabled people worked with


£3.33 social return on investment within one year for every £1 invested in Beyond Empower



£10.79 social return on investment within five years for every £1 invested in Beyond Empower

Our impact

Hear from the people and places we work with:


 "I really enjoyed the gym, thank you for making me go, it's the kick up the bum I needed!" -
Linda, Trafford

"This has been brilliant, wow, I'm exhausted but what a great thing to be able to do" -
Ryan, Salford, after boxing



"One word, AWESOME" -
Owen, Trafford, after skiing for the first time

"I never thought I would ever see a day when
Natasha was using equipment in a leisure centre."

 - Elizabeth, mum of Natasha, Salford

"I've been managing to go to Aqua fit
sometimes which is fantastic, and i'm
coping much better than I thought I would"
- Ruth, Trafford



"I really appreciate this, it's beyond what I expected.
I've been wanting to get back in the gym for a
couple of years now. It hasn't been possible
because of Covid and the loss of my guide dog" -
Tony, Salford



Our impact

Natasha's journey with Empower You

Natasha is a 28-year old with neurological brain condition and lives in Worsley, Salford. Natasha is non-verbal, communicating by British Sign Language.

When Natasha initially engaged with Empower You, she was doing very little activity. Natasha wanted to get out of the house more and do more things, as well as becoming more independent. Natasha felt accessing her local leisure centre would offer this.

Natasha was introduced to the local leisure centre and a gym programme was developed for her. In addition to the gym, a referral was also made to Manchester Deaf Centre to support Natasha to get British Sign Language qualification to enable her to teach others the language.

During Natasha's time with Empower You, she attended the gym regularly and now has a personal trainer supporting her to keep active beyond the support of Empower You. She is also making good progress with Manchester Deaf Centre and is now teaching others how to use British Sign Language at her day service.



Who we've worked with

We want to make sure we're reaching a diverse range of people. In 2022, of those we worked with:

100% were disabled people



39% identified as female

29% were young people

22% were 60+

12% were of non-white ethnicity

7% were LGBTQ+



We'll be working harder to reach the communities we're currently underserving in 2023 - 2024.



Who paid us to do this work?

We wouldn't be able to do this work without the help of our commissioners and funders. Here's who made our work possible in 2022 - 2023:

Contracts and commissions

£242,000 on  **EmpowerYou**



Grants and funding

£27,000 for capacity building



£10,000 for consultancy



Salford City Council

What next for Beyond Empower?

Continue to deliver Empower You in Salford and Trafford, working with communities to support disabled people to lead healthy, active lives.



Refine our social care model to enable us to reach more disabled people and support the sustainability of our organisation

Increase the capacity of our organisation by recruiting volunteers to support delivery associates to deliver consultancy work.



To keep up-to-date with all of that and more, follow on social media @BeyondEmpowerUK, visit our website at www.beyondempower.co.uk or get in touch at hello@beyondempower.co.uk.



CIC 34



Community Interest Company Report

Please
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For official use
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Company Name in
full

Beyond Empower Community Interest Company

Company Number

11875383

Year Ending

31st March 2023

(The date format is required in full)

3b. Management Reports

Report Title	Q1 Management Report
Report Author	Ann Berry, Business Support Officer

In a nutshell...

So, what are we asking?

3c. Managing Directors update

Report Title	Managing Director update
Report Author	Ben Andrews

In a nutshell... (background summary)

What you need to know... (brief summary of what the Board needs to know – they should have read papers in full beforehand)

So, what are we asking of you? (clear ask to the Board; approve, discuss, schedule a further meeting, pick up with an individual non-exec etc).

3d. Risk Register

Report Title	Managing Director update
Report Author	Ben Andrews

In a nutshell...

What we need you to know...

So, what are we asking...

3e. Appointment of Vice Chair

Report Title	Appointment of Vice Chair
Report Author	Paul Wilson, Chair

In a nut shell...

So, what are we asking of you?

3f. Appointment of Secretary

Report Title	Managing Director update
Report Author	Ben Andrews

In a nutshell...

So, what are we ask

4. Matters for noting (discussion on by exception)

4a. Contractual Obligations

Report Title	Appointment of Vice Chair
Report Author	Paul Wilson, Chair

In a nutshell...

What we need you to know...

So, what are we asking?

5. Meeting close

5a. Meeting Reflections

The Board are asked to consider:

- How the Board meeting went? Did it feel useful and productive, or not?
- What worked well?
- What could be improved for future meetings?
- Any other general thoughts or feedback; good, bad or indifferent

5b. Date of next meeting

5c. Any Other Business