

MAKING A DIFFERENCE

OUR IMPACT 2014-17: SUMMARY



This report defines the need that we cater for, and outlines the key positive changes for the children and adults we work for and with between 2014-17. It also sets out the key elements of our strategic plan for 2018, and describes our ongoing work to better understand ourselves and monitor the impact that we have.

Our objectives for 2014-17 were to consolidate our existing activities and expand our sports provision for adults. We achieved these, and learnt a huge amount from both the successes and challenges along the way. Last year, we achieved our goals through providing:

- 159 different sessions totalling 230 hours
- Over 2400 hours of 1-to-1 support to 104 participants
- 295 volunteers giving over 3500 hours of their time

We look forward to making an even bigger difference in 2018!

Rupert da Silva
Executive Director, KEEN Oxford

What we do

We support children and adults with special needs and disabilities in and around Oxford to have better lives. We work with them to create sporting and recreational opportunities that promote well-being, learning and social skills, confidence, empowered people, and a more inclusive community.

In 2017, 89% of respondents saw an increase in their child's confidence and social skills, and 79% noticed an increase in physical skills.¹



"We are so lucky to have KEEN and such committed volunteers. It's a godsend." Parent of a participant



"Volunteering has given me a reason to be proud of myself and overcome my social anxiety. The whole experience has been life changing."
Amber

Meeting a need in our community....

People with disabilities are an often socially excluded group, and some of our participants also come from the most deprived areas of Oxford. Opportunities for this group are much needed, and still limited, and this is what we provide. Regular registration requests, referrals by medical and social services, and responses to our own annual surveys demonstrate the demand for what we do.

We evidence this need using academic research, reports on the community and disability in Oxford, our own surveys, case studies and consultation with beneficiaries and partners.

What difference did we make?

From evidence collected via monitoring and evaluation between 2014-17, we found that:

Access to our opportunities to socialise, learn, and play led to an increase in confidence and social skills among participants.

Participants were more active, enjoyed their time with us, and felt more socially included, supporting their physical and mental health and general wellbeing.

Parents and carers praised our support and the respite KEEN provides, and siblings enjoy participating in our activities too.

Volunteers benefitted from understanding disabilities more, integrating with the local community, and learning new skills.

Our volunteers and partners help promote positive attitudes towards disability in the wider community.

Our key goals for 2018-2019

1	Reach more participants from the most deprived areas of Oxford
2	Make further progress towards being an ever more participant and community led organisation
3	Build stronger partnerships with local organisations to collaborate on local issues
4	Diversify our community of volunteers and including more disadvantaged young people within it
5	Implement our plan for more systematic and frequent monitoring and evaluation of our activities

Understanding ourselves better

Our board of trustees, full time staff and volunteer committee regularly review and monitor our policies, procedures, and operations, the goal being to understand ourselves better and reflect best practice in the sector. Current initiatives include :

- Investigating providing free transport for participants
- Diversifying our funding streams while sustaining current income, to reduce the financial risk associated with activity expansion and ensure our continued sustainability

In 2017, 100% of respondents felt they would probably not have access to the kind of opportunities we provide if KEEN didn't exist.¹

Evaluating the difference we make in 2018-19

- We want participants to be central to how we measure our impact, using an approach that is participatory, engaging, inclusive and meaningful.
- Monitoring, evaluation and reporting should be frequent and have a systematic approach grounded in our goals.
- In 2018 and in partnership with Oxford Hubs, an external impact evaluation team has monitored our activities. We will continue this work with Oxford Hubs and other partners including Oxford City Council.



My KEEN: Jo

Jo joined KEEN as a participant in 1988 at the age of 7 and has been present almost ever since. In 2004, Jo started attending as a volunteer, and now holds the position of GrEAT Session Leader, directing our regular social activities for over 18s.

“KEEN has been a big influence on my life, giving me self-confidence, opportunities, and friendship. It is a privilege to see the participants grow, achieve and shine. I would now like to bring others like myself to sport and encourage them to achieve. I am interested in rehab and would like to educate existing people like coaches within sport about disability.”

Further information

For more information on the way we monitor our work and report our outcomes, a full set of references, details of internal reports, or other queries, do get in touch using the contact details below.

1. Statistics taken from our Annual Survey of Participants, June 2017.