



Annual Report 2021 - 2022



Netball Development Trust



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Introduction

The *Netball Development Trust* (NDT) is a UK registered charity that teaches netball at grass roots in less developed countries, providing children with the freedom to play and have fun. We work with schools and communities to help young people to become players, leaders, coaches and officials.

Crucially, we also use netball as a tool to bring communities together where, with our partners and in-country teams, we deliver health education sessions to young people.

NDT focuses on creating access and encouraging freedom of play in youth around the world.

We currently have active community teams working in our principle locations of Uganda (Jinja, Budondo, Buwenda, Tororo), Kenya (Bungoma & Oriri) and Ghana (Accra). In addition, we have 'to be resurrected' projects in India (Kolkata and Bhubaneswar) and Pakistan (Fort Abbas) and Fort Portal, Mbale and Kampala in Uganda.

To date NDT has reached 20,543 children.

The Trust was founded in 2010 and became a UK registered charity (1145858) in February 2012. Our objective is '**Making a difference through netball**' and everything we do revolves around this.

Charity update

This is our annual report covering the period 1 June 2021 – 31 May 2022.

After a challenging covid year we are pleased our teams got back into the field and started face-to-face programmes and projects and started to focus on our 4 pillars.

- Wendy Shepherd became a Trustee 20 December 2021.

- We recruited Lisa Bone 1 September 2021 as a fundraising strategic consultant/advisor to help create and deliver a fundraising strategy and action plan
- We packed more kit and shipped it to Uganda, Kenya and Ghana.
- We worked with in country teams to re-commence field activities.
- No tours were run but we built a plan for summer 2022.

We share the country and project updates below.

Strategy 2021-2025

Our vision

Using netball to educate, create opportunities and improve the health of the communities we serve.

Our mission

There are four pillars to our work and together they underpin how we will achieve our vision.

Pillar 1: Netball

Teaching and playing the game of netball to coaches and young people.

Pillar 2: Health Education

Delivering mental, physical, and sexual health education to empower young people to make better decisions.

Pillar 3: Opportunities

Offering life skills and positive pathways for everyone linked to NDT.

Pillar 4: Equality

Promoting gender equality across all aspects of our work.

Our team

The core UK team



Monica Thandi
CEO & Founder



Julie Smith
Head of Development



Liz Broomhead
Trustee



Shantou Chundur
Business Advisor



Emma Richardson
Communications Team



Shóna Slemon
Communications Team



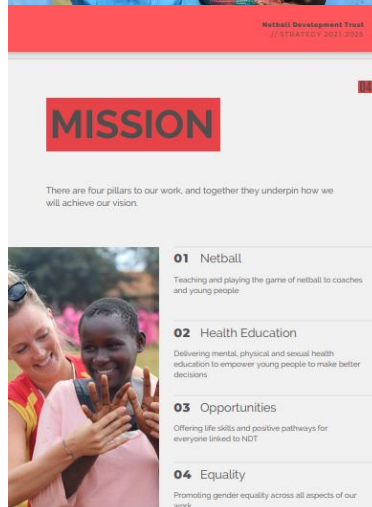
Wendy Shepherd
Back Office Manager

During this period, the core team continued to meet more frequently than before, given home working and the benefits of virtual online meeting software, and became closer as a team as a result.

We also spoke to the international teams more to engage them in the return to field activities.



how



We also set about making plans to prioritise fundraising with the help of Lisa Bone who has been working with us to develop an action plan.

Country and project updates

With the aftermath of Covid-19, our project & field activities restarted in schools and the communities to ensure there was continued access to youth friendly sexual and reproductive health (SRH) information and services through netball.

Furthermore, we saw this as an opportunity to test how self-sufficient each in-country team could be, with less in-person support from the UK team, due to travel restrictions.

To read more about the individual projects, please contact NDT and we'll be happy to share the reports.

Uganda

Follow up capacity building with new coaches in Budondo and Buwenda (12 June 2021 and 9 September 2021)

Following the 4-day training workshop delivered by XSUBA & NDT in February 2021 to 14 newly recruited community coaches from two rural districts in Jinja (Budondo and Buwenda), a needs assessment report of 100 children and youth aged between 9-20 years was delivered. This showed 67% feel they need more SRH education, 55% need counselling and 90% are struggling to access menstrual health services and products. We had follow up meetings with these new local coaches to start laying out plans to scale interventions into new communities. To be more self-sufficient we learned we need to engage the community coaches in the planning process to have more informed action plans and create their own community benefiting "interventions" that tackle the problems/needs in their areas.



We left them with the task to identify two key priority needs in their communities and set up a leadership team.

We were excited to be increasing our footprint and impact in more remote areas of Jinja.

We will continue to support the community coaches to develop their SRH knowledge and play based coaching.



Tororo VYEO “Watuuki Netball for Girls” (“Lets Play”) Project – Launches

A senior XSUBA coach, Gilbert Ochieng, who is passionate about all sports, approached us with a project proposal to start a netball project in his hometown of Tororo.

His family member had already set up a NGO, *Victor’s Youth Empowerment Organisation (VYEO)*, a youth led non-profit, that builds resilience among the youth and young people of Tororo District. This helps them to overcome the burdens rooted in poverty, disease, and famine, as well as youth unemployment through low cost/high impact livelihood initiatives in ICT, sport, and agriculture and achieving desired Sustainable Development Goals (SDGs). But they lacked a sports programme for the girls.



So VYEO, in partnership with NDT and X-SUBA Sport4Development Uganda (X-SUBA), proposed to launch a 9 months’ ‘*Watuuki Netball Play*’ project for marginalised young girls in Soni Sub County, Tororo District who have limited opportunities and access to play compared to their male counterparts. With the aim of increasing girls’ participation in sports. The project started with the identification of potential local community coaches that were trained over a course of 3 days.

29 April – 1 May 2022 (3 day train the trainer workshop)

3 X-SUBA expert coaches in sport for development travelled to Soni Kainja to take lead in a 3 day on and off field workshop at the premises of VYEO from 29th April 2022 up to 1st May 2022. The X-Suba coaches/Trainers led the local community coaches through a number of topics and games.

A total of 16 local community coaches/trainees attended the workshop over the 3 days and some took part in an online 'monitoring and evaluation tool' at the beginning and end of the workshop to collect data for future assessment of impact.



Connections Saturdays start 21 May 2022

The Tororo coaches mobilized to find beneficiaries to come and attend sessions. The community coaches started implementing what they learnt on 21st May 2022. They started with 26 girls which is slowly increased and by the end of August 2022, 54 girls were regularly attending connection day.

However, whilst this project was supposed to run until December 2022, it was suspended at the end of August 2022 because Gilbert left Jinja unexpectedly and quickly to join the Army and there was no follow up staff in XSUBA who could carry leading this.



Kenya

11 August 2021 - We were very proud of our volunteers Caleb Olita and Kizito Waswa for making it to the provisional list of the Kenya male national netball team to represent our country in the International Netball tournament in September 2021 at Pretoria, South Africa.

21-29 August 2021 – Kit arrives and is donated

We sent a shipment of our donated kit and equipment and it arrived with our Kenya team in August, when we ordinarily would have visited. The team distributed it to our volunteers, mentors and children. NDT Kenya lead, Joseph tells us: *“Many of our members come from disadvantaged backgrounds and for this reason purchase of kit receives zero or little attention. This donation is*

therefore very important to us because moving forward we will have smart, confident and sporty team taking part in our programmes and activities. We say asante sana (thankyou very much) to all the people, all the clubs, all the associations that donate. May God bless you.”

Train the Trainer capacity building workshop for urban coaches on mental health of young people and netball training (10-11 March 2022)

The core Kenya team led a train the trainer session on mental health to 18 Kenya coaches. Our lead trainer was Dr Brian Wekesa, he is a psychologist doctor at the department of health - Bungoma County.

This training came ahead of a community outreach program on netball and mental health which started on Monday 14th March at Bungoma airstrip grounds. The TTT session was aimed at capacity building our volunteers and mentors who would then be involved in training the participants.



The local team felt the mental wellbeing after the challenges of Covid-19 needed to be addressed.

10 TIPS FOR A MORNING ROUTINE THAT SUPPORTS MENTAL HEALTH @BELIEVEPHQ BELIEVEPERFORM

- ACTIVITY**: Think about ways you can be active or exercise in the morning. This can help boost mood and reduce stress.
- SLOW DOWN**: Slow down and give yourself plenty of time to get ready for your time. Take 5 minutes when you wake up to calm your mind and body.
- BREAKFAST**: Start your day with a well balanced meal to help boost energy. Try not to miss this important meal.
- BREATHE**: Whether it is lying on your bed or closing your eyes on the train/face journey to work, deep breathing can provide you with a sense of calm.
- IMAGERY**: Take 5 minutes to close your eyes and imagine yourself performing well throughout your day.
- GRATITUDE**: Take a moment to appreciate everything you are grateful for.
- POSITIVITY**: Schedule activities into your day that will provide you with a sense of connectedness, pleasure and achievement.
- READINESS**: Get ready for your day by thinking about what demands you will be facing and what physical, mental and social resources you need available to cope.
- REFLECTION**: Take a moment to check in with yourself and monitor how you are feeling in your mind and body.
- STRENGTHS**: Take 5 minutes to note down your top 3 strengths and think about how you can put them into action throughout your day.

Easter holiday urban community mental health and netball programme (14-25 March 2022) “Celebrating NDT at 10”

By Easter 2022, the government of Kenya had not resumed school games in Kenyan schools, since the Covid restrictions were introduced. This lack of sporting opportunities had affected many learners’ behaviour negatively. The NDT Kenya urban holiday programme gave children the chance to remain physically fit and knowledgeable on matters netball. Mental health sessions



helped the 125 participants from Bungoma urban community to be educated on new topics, that they hadn’t learned before and enhanced the continued capacity development in netball coaching and health related issues delivery of at least 17 NDT Kenya volunteer coaches, mentors and teachers.

The mental health talks covered signs of low mental health, had discussions with one of the counsellors with Child helpline Kenya through the toll-free number 116.



Train the Trainer Capacity building Workshop for rural coaches on mental health of young people and netball training (30-31 March 2022)

This rural programme came after a successful end to the NDT Kenya Urban Bungoma programme

The **20 local** trained rural coaches were then sent out starting Monday 4th April 2022 to train netball and mental health to the Kibindoi, Kabkara and Machakha communities.



NDT Kenya Easter holiday rural mental health Netball programme (4-15 April 2022)

NDT Kenya rural Bungoma mental health and netball training kids in 3 locations (Kabkara, Machakha and Kibindoi) with 20 local rural coaches. Estimated to have trained 350 children.



Again the key project objectives achieved during this Easter project were:-

- (a) Provide an opportunity for mentorship and knowledge dissemination on mental health so that the participants can live a healthier mental life.
- (b) Provide an opportunity for the participants to enhance and progress their netball skills. The netball and mental health sessions will be conducted separately and simultaneously to ensure all participants and coaches use their time maximumly.
- (c) Engage 350 children across 3 sites in rural Bungoma in constructive activity hence keeping them out of harm's way.



5 - 20 April 2022 – Two NDT Kenya beneficiaries selected to attend NOC Elite Youth Netball Camp

Two of our girls participated in the National Olympic Committee - elite youth camp. They attended to develop their netball in the ongoing National Olympic Committee of Kenya elite youth netball camp in Nairobi, Kenya.

The 2 week Elite youth sports camp sponsored by National Olympic Committee of Kenya happens at Kenyatta University. Leila Akisa and Faith Chepkwemoi spoke to our representative and this is what they said:

Faith: I am glad I had this opportunity. It is life changing. Our coaches have been very good. The training was well organised and the learning was visible. We all worked as a group helping each other so now I have friends across Kenya. I had a small accident and they took very good care of me so now I feel good. I look forward to more training in future so I develop my netball.

Leila: First, I thank NDT for introducing me to netball, it all started with them. I thank NOC- Kenya and Kenya Netball Federation for this chance. Our trainers were very good working to develop us to be the best we can be. Our Coaches Mr Adoyo, Madam Millicent Busolo, Madam Anne Bet and many others, I thank you all. They were around helping us in every way possible; I miss you all already. They told us to work really hard in our learning because we are the future of Kenyan netball, so I will keep up with that with the hope of representing Kenya locally and internationally in future.



26 May 2022 (FB Post) – Kizito Waswa appointed as coach at Kenton College

We are very proud of our volunteer coach and deputy head of development, Mr Kizito Waswa, for his new appointment at Kenton College. He will for the next one month serve as a coach at Kenton college; a prestigious institution started a century ago in Nairobi Kenya offering the British International curriculum. We are happy that NDT Kenya did a reference that was accepted. His experience volunteering with NDT for the last six years has also come in handy. We have 100% belief in the strengths of Coach Waswa, he will deliver on his new mandate and responsibilities.

All the best to you Kayzee. Show the world what stuff NDT-ians are made of.

Oriri Community NDT Netball Club (Oct – Dec 2020)

Due to personal reason this project is on hold. We hope to resurrect it in future.

Kenya Sanitary Pad Project

1. The pad project finished in December 2020 but it has always been an ambition of the local team to start phase 2 of this project with a more sustainable way of running it. Many lessons were learnt from phase 1 and one key focus point now is for the team to think more about menstrual health *education* in addition to the donation of pads. The next phase of the Pad project is with the local team to propose a new way forward and we are working with the team to come up with another plan and address some of the below challenges that could be addressed in a future pad project:-Find a local sponsor/partner to help finance the project.
2. Encourage the use of reusable pads as this was more sustainable but the girls need more training and support on using them properly.
3. Engaging boys. This project was girl centred leaving the boys out.
4. Expand into more NDT partner schools in urban and rural Bungoma.

NDT Kenya Centre

In July 2020, Joseph Olita submitted a “dream” proposal to build a dedicated netball centre in Bungoma. This was discussed by the NDT UK Board and approval was granted to explore and document the proposal in more detail. In tandem, NDT UK was approached by a potential donor who was looking for a specific project to help fund.

In September 2021 the NDT Kenya team met to talk about fundraising for the Centre and the UK team linked them with experienced project managers to help them push this forward. A core project team was established and roles assigned and the first draft of a high-level project plan and budget submitted for comment in December 2021. Politically and socially, this project needs to be owned and led by the Kenya team.



Some local fundraising has been done by our volunteers.

Unfortunately, the team didn't have the time or capacity to devote to this project so we sadly haven't progressed this in this time period – we will update you in our 2022-23 annual report.



Ghana (written by Akwaaba Volunteers)

- Street to Netball project started & SRH Manual produced to use in delivery.
- SRH & Netball project concept prepared to use netball to deliver SRH in 20 schools in Accra (3600 students) and 50 teachers trained up - sponsored by PayCare/Sally Bromley (May 2021 to Oct 2021) with plans to expand to include health insurance

Following our 2019 tour in Ghana our partner, Akwaaba Volunteers identified that there was a need for more SRH in schools and the community and to build confidence of the teachers to deliver SRH to students.

Through a relationship with a UK volunteer (who came to Ghana in 2019), Paycare offered us funding for a sexual and reproductive health and netball project in Ghana. This was the perfect

opportunity to deliver the project on a larger scale to have an even greater impact on the community. So, in January 2021 the team started the process. Last year we reported the first few stages Akwaaba Volunteers carried out in the last accounting period. Below is a summary of the remainder of the programme that took place in this financial year.



FIRST TEACHERS WORKSHOP

MAY 2021 - 2 DAYS

The first teachers workshop was hosted at Burma Camp Garrison Primary school in Labadi. There were teachers from 12 schools present. The workshop was delivered by Nurse Mabel Akpor (Ghana) and Dr Stella Rijks (Holland) and the Akwaaba Volunteers team.



TEACHERS REVIEW

JULY 2021

All the teachers were given 4 weeks to review all of the materials and the sexual and reproductive health curriculum that were distributed on pen drives and to create lesson plans for the upcoming lessons with their students.



DEVELOPING THE CURRICULUM

JAN 2021 - MARCH 2021

Working with a group of virtual volunteers Akwaaba Volunteers identified the key areas that were not being taught or considered to be the most important by parents, teachers and students and developed the sexual and reproductive health curriculum



SECOND TEACHERS WORKSHOP

JUNE 2021 - 2 DAYS

The second teachers workshop was hosted at L.A. Salem Junior High School in Labadi. There were 14 schools present. The workshop was delivered by Nurse Mabel Akpor and the Akwaaba Volunteers team.



DELIVER CLASSROOM BASED SESSIONS TO STUDENTS

AUGUST FOR 12 WEEKS

Teachers were tasked with delivering 1 hour long classroom based session per week in their schools over a course of 12 weeks. The aim was to cover one topic each week. Each teacher will be teaching a minimum of 30 students per lesson.

SECOND TEACHERS WORKSHOP – JUNE 2021- 2 DAYS

The second teachers' workshop was hosted at LA Salem Junior High School in Labadi. There were 14 schools present. The workshop was delivered by Nurse Mabel Akpor and the Akwaaba Volunteers team.



JULY 2021

All the teachers were given 4 weeks to review all of the materials and the sexual and reproductive health curriculum that were distributed on pen drives and to create lesson plans for the upcoming lessons with their students.

42 teachers participated from 26 schools. Teachers participating were either sports teachers who will engage students through netball or the "girl child coordinator" from the schools who will deliver the classroom-based sessions and be a point of contact for any student to talk to about problems or questions that they may have regarding sexual and reproductive health. (Due to Covid-19 we had to limit the number of teachers in each workshop so that we could maintain social distancing protocols.)

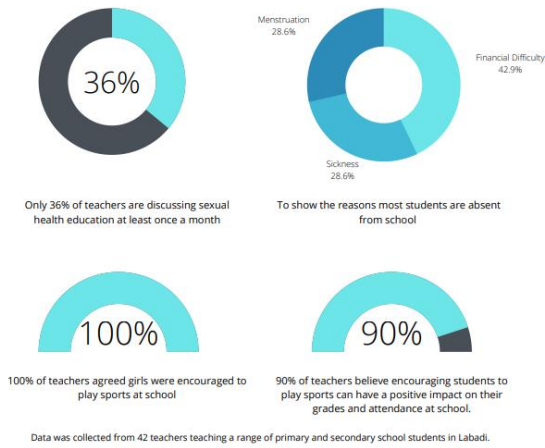
The delivery period was Aug – Oct 2021 (12 weeks). Aiming to deliver to 4,680 students aged 11-18 180 students (3 Classes) from each of the 26 schools.

DELIVER CLASSROOM BASED SESSIONS TO STUDENTS – 12 weeks AUG – OCT 2021

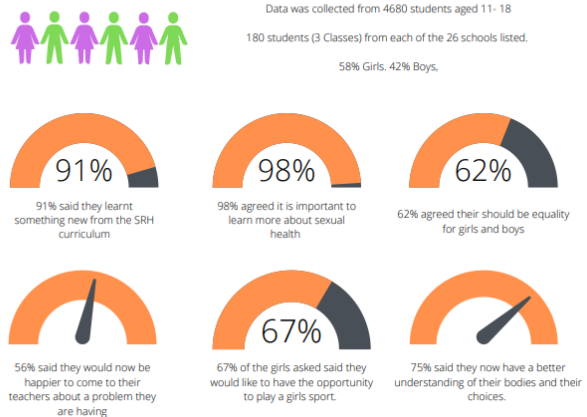
Teachers were tasked with delivering 1 hour long classroom based session per week in their schools over a course of 12 weeks. The aim was to cover one topic each week. Each teacher will be teaching a minimum of 30 students per lesson.



Although it was intended that the funding would be used for both a netball and SRH project, during the time of the delivery of the workshops to the teachers and delivering the curriculum to the students it was not possible to use netball as a tool to deliver the sexual health curriculum. The government of Ghana and the Ghana education service banned all school sports as of January 2021 and it has not yet resumed due to the risk of the spread of Covid-19.



STUDENT DATA FROM THE LAST DAY OF THE SRH CURRICULUM



As Paycare are a health provider aiming to help more people take care of their bodies and minds we wanted to use the additional funding to provide health insurance for students who were engaged both in school sports and the sexual health education.

With the funding provided by Paycare we were able to provide national health insurance to 450 students. Each student will receive a valid health insurance card that will allow them health care for the next year, after first year the card can be renewed at a discounted price of 5GHC (0.60p) making it more affordable for families to be able to ensure their children have access to health care if they need it over the next 5 years. After 5 years a new card will have to be purchased. We hope to see that providing health insurance limits the number of students missing school because of illness and an increase in seeking medical help when it is necessary as there will be limited costs to the families.



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India

Our programme in India has struggled in this period. We continue to scout for the right partnership to develop our activities.

Pakistan

Our programme in Pakistan has also struggled in this period as we haven't been able to visit them. We hope to reconnect in the coming months, once the pandemic is over.

Tours 2021-2022

No tours took place due to the Covid-19 travel restrictions in 2021 and the Commonwealth Games taking place in the UK in 2022, where many volunteers would have visited

Charity growth and workforce

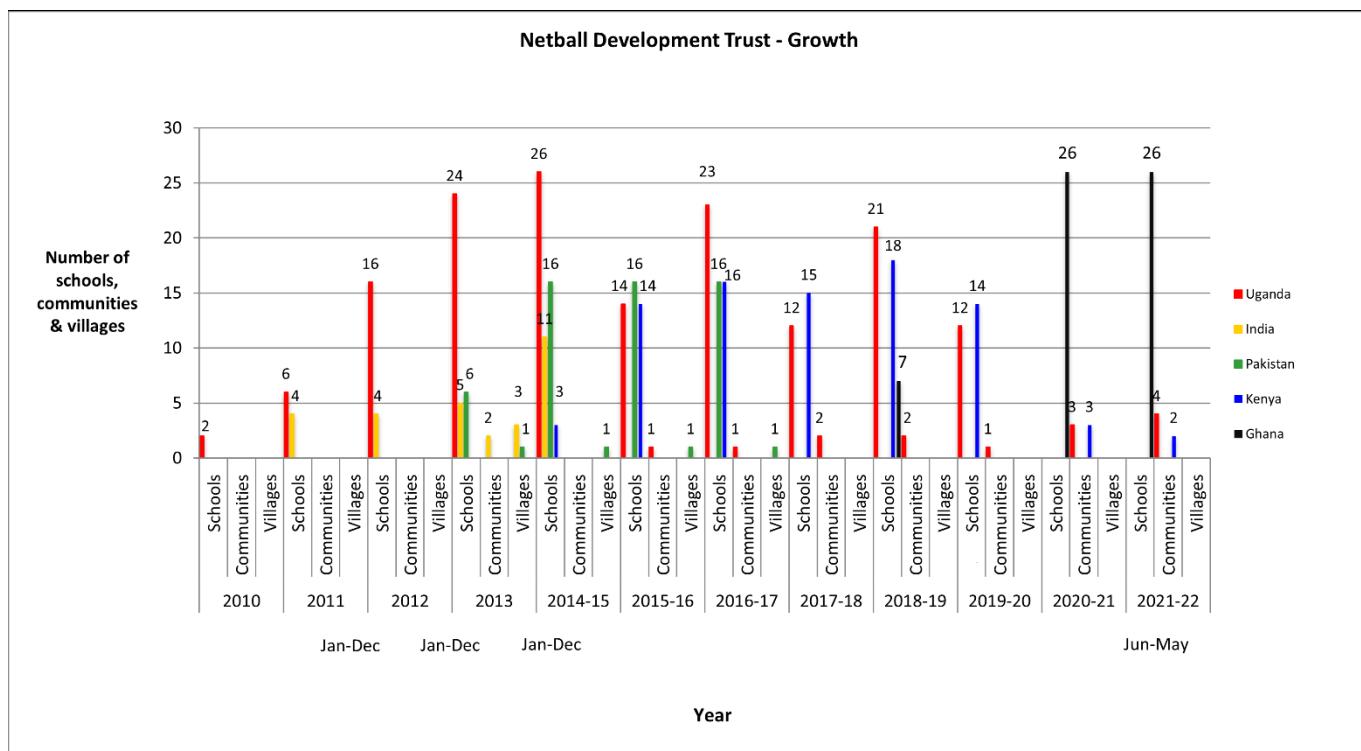
In the period 1 June 2021 – 31 May 2022 we:

- Coached 5,209 kids;
- Worked in 4 communities in Uganda, 2 communities in Kenya and with 26 schools in Ghana. (schools in Uganda and Kenya were still closed or not running active sports programmes in their schools due to Covid catch up);
- Worked with 6 experienced local coaches in Uganda (XSUBA) who trained 14 Budondo and Bwenda coaches in Jinja, Uganda and 38 urban and rural coaches in NDT Kenya and 4 coaches in Ghana during this period;
- Trained 42 teachers from 26 schools in Ghana to work on the SRH and Netball programme;
- Continued working with the 14 new coaches in Budondo and Buwenda districts of Uganda;
- Ran 9 different projects/workshops/events throughout the year.

Due to the pandemic and school closures, our in-school project reach in Uganda and Kenya was much lower. All the events/projects/workshops were run by the in-country teams with the assistance of external facilitators.

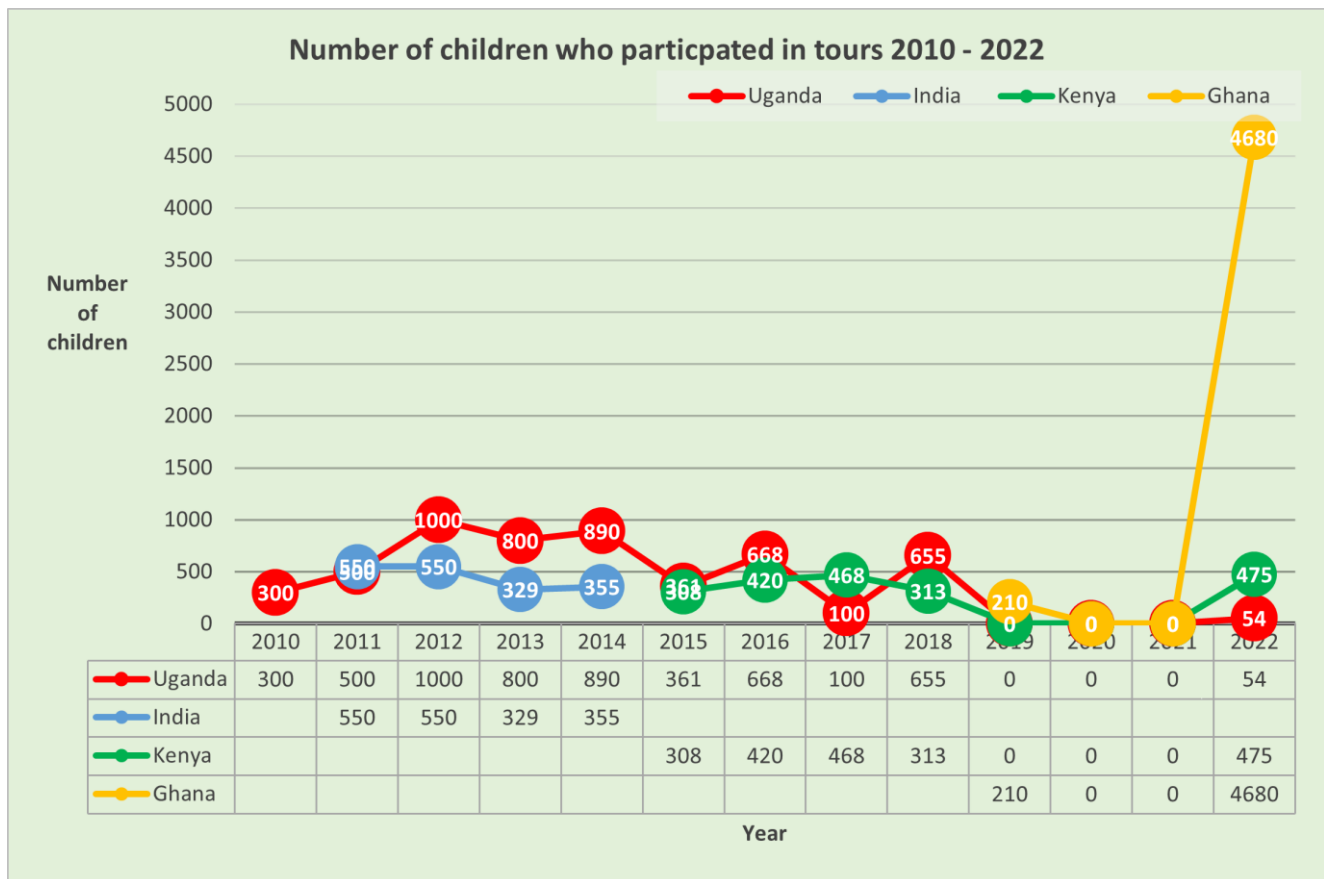
We had limited fundraising opportunities, as we struggled to facilitate any other events and no volunteer tours took place.

Unfortunately, due to the effects of the year, we had no new UK volunteers other than the core team, as highlighted above. We do, however, have more and more UK volunteers fundraising for us and collecting kit behind the scenes in their netball clubs, universities and families, to whom we're eternally grateful.



(data collected between July 2010 – May 2022)

NB - The statistics for this period now show how many schools, communities and villages we have worked with over the course of this 12-month period, whereas for the first 3 years it showed the schools with which we worked during tours only.



(data collected between July 2010 – May 2022)

The graph shows participation numbers vary year on year. This is quite deliberate as NDT focusses its efforts where the need is greatest and where it can yield the most worthwhile impact. In our experience, smaller more concentrated groups allow for more intensive work and a greater likelihood of sustainable long-term benefit.

Through the stories we receive from all projects, we know we are keeping young people in school, we are reducing bullying around menstruation and gender-based violence, and we are increasing girls' school attendance due to having sanitary pads and better understanding teenage pregnancies. Numbers alone simply do not show this progress. We aim to regularly update our "impact report" to show the qualitative and sustainable benefits, as well as these statistical updates.

Our partners and supporters

We would like to thank all our partners, supporters and donors who provide logistical support, technical expertise, equipment, donations and inspiring advice.

Thank you to: Big Yellow Storage, Paypal Giving Fund (various), PlayNetball, World Netball, England Netball, Tag Rugby Trust, Freedom 4 Girls, X-SUBA, YOUganda, Paycare, Akwaaba Volunteers and to all the individuals and netball clubs who have donated kit and fundraised for us.



Financial summary

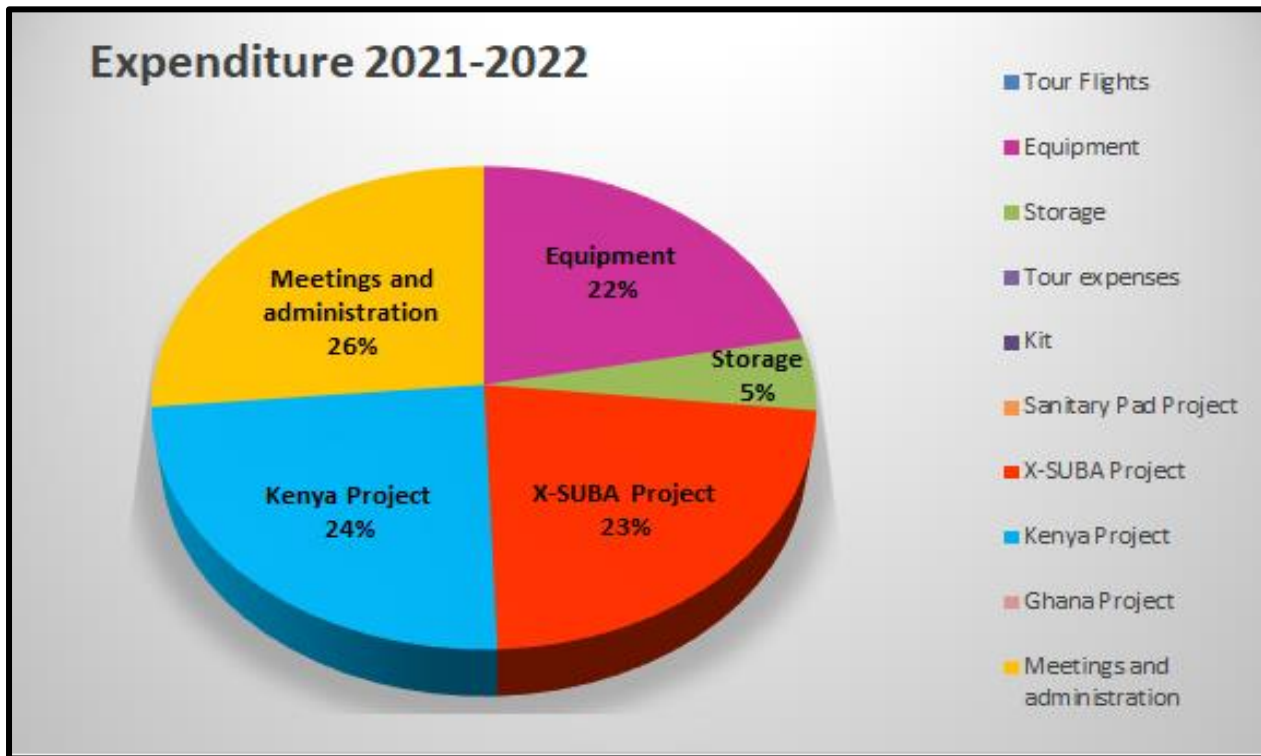
Income:	£
Donations	7,452.88
Tours	0.00
Sales and Fundraising	0.00
Grant	0.00
Income	7,452.88
Expenditure:	
Tour Flights	0.00
Equipment	1,148.31
Storage	255.80
Tour expenses	0.00
Kit	0.00
Sanitary Pad Project	0.00
X-SUBA Project	1,194.38
Kenya Project	1,268.36
Ghana Project	0.00
Meetings and administration	1,391.60
Expenditure	5,258.45
Excess Income for the period	2,194.43

We need to focus on increasing fundraising in order to realise an ambitious vision over the coming years. Currently revenue is generated through volunteers travelling to NDT programmes and through ad-hoc fundraising from generous individuals. However, no tours or events took place during this period and all our income came from generous donations. Our income rose slightly from last year.

The charts below provide a breakdown of our income and spend for 2021-2022.



Diversifying NDT’s fundraising approach is critical to securing a sustainable staffing model that does not exclusively rely on either touring or local volunteers.



We have a big wish list, but here are our top 5:

- Buy/acquire land to develop into court/sports hub and NDT learning centre
- Salary for local in country key staff
- Provide more reusable pads to girls (whether purchased or handmade by the girls)
- Allow teams to meet up (potentially in Uganda) to experience and share learnings cross-projects.
- Provide more kit and equipment for projects and schools

Our future

- ✓ Kenya centre – setting up a new committee - Supporting the Kenya team to become more sustainable and independent in developing their fundraising plans to build the NDT Kenya Centre.
- ✓ We want to continue developing the growth of netball and offering opportunities for the children and young leaders we work with.
- ✓ Consider tour in 2022. Can we rely on local teams more than we usually do?
- ✓ Re structure UK group (trustees/critical friends?)
- ✓ Can we use Commonwealth games as a way to promote our work?
- ✓ Find a fundraising manager to help develop a plan and source new income streams
- ✓ Expand the UK volunteer network

Thank you to everyone who has supported us since our humble beginnings; and a huge welcome to our future volunteers and supporters.



Happy flowers



For more information about us please do not hesitate to contact us.

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Website: netballtrust.co.uk

