



Mar 06, 2020 23:11 GMT

Ten inspirational winners who make their mark on the capital lift London Sport Awards trophies at Guildhall

Sport's power to change the lives of Londoners was placed squarely in the spotlight at London's Guildhall on Friday night as the historic venue played host to the fifth annual London Sport Awards.

The ten Award winners, each of whom represented different facets of the impact of physical activity across the span of London, were joined by the great and the good of physical activity and sport in London at a glittering black-tie ceremony which shone a spotlight on the capital's grassroots

sporting heroes.

Carers4Carers were the big winners on the night as they lifted The Community Impact Award for their work in Lambeth improving the physical and emotional wellbeing of unpaid carers.

In 2019, 350 people from different cultures, ethnicities and faiths took part in their activities which encouraged participants to have fun and take part regardless of age, physical ability or fitness level.

Volunteer of the Year went to **Nafisa Patel** who has taken cricket into new urban environments including faith and community-based settings before running the ECB's first female-only All Stars session.

The London Sport Awards, supported by the City of London Corporation, introduced two new Awards for 2020 with **Vanessa Nsilu** named as the first Inspirational Young Person of the Year while **UBS** took home The Business Contribution Award for their long-standing partnership with SportInspired.

Elsewhere, **West Ham United** lifted The Impact of Elite Sport Award, **The Golf Trust** were triumphant in The Sport Unites Award category and inclusive dance company **Step Change Studios** were named winners of The Health and Wellbeing Award, while guests were wowed by a performance from the company's Roche Dupuis and Antony Palmer.

The Enhancing the Workforce Award went to national sports coaching apprenticeship scheme **Coach Core**, techstart-up **Good Boost** were awarded The Technology and Innovation Award and **Hestia's Family Fitness Project** collected The Children and Young People Award for their work supporting children and families impacted by domestic abuse and modern slavery through sport.

Tove Okunniwa, Chief Executive of London Sport, said: *"A huge congratulations to all ten of our amazing London Sport Awards winners. The fifth London Sport Awards has, as ever, left me incredibly inspired and proud of the grassroots physical activity and sport sector in London. The stories that we heard from our ten winners throughout the Awards ceremony were incredibly moving and will resonate with people across the whole of the capital."*

William Russell, The Lord Mayor of the City of London, said: “*Many congratulations to all the winners of this year’s London Sport Awards. Their contributions help make London the world-leading city it is today, and we are proud to help showcase the people making a difference to our capital.*”

“Congratulations also to UBS, the inaugural winner of the Business Contribution Award, recognising the positive impact of business on grassroots sport. Together we celebrate London’s businesses, sporting volunteers and community groups and shining a light on their outstanding work.”

The ten winners now join the London Sport Awards Hall of Fame which recognises all 42 Awards winners from the past five years for their contribution to making London a happier and healthier place through grassroots physical activity and sport.

Full List of Winners – London Sport Awards 2020 supported by the City of London Corporation

The Enhancing the Workforce Award in association with Spond

Coach Core (Kensington & Chelsea)

Coach Core is a national sports coaching apprenticeship scheme, recruiting young people (16-24), who are NEET or at risk of becoming NEET, and providing them with a range of skills for sport and work.

The Technology and Innovation Award in association with Sport Tech Hub

Good Boost (Southwark)

Using waterproof tablet computers, Good Boost delivers personalised water-based rehabilitation programmes to improve musculoskeletal health services in local communities.

The Children and Young People Award in association with PlayInnovation

Hestia's Family Fitness Project (Multi-Borough)

This project aims to improve the health and fitness levels of children accessing Hestia's Domestic Abuse and Modern Slavery services, using physical activity as a tool to facilitate the recovery from abuse.

The Health and Wellbeing Award in association with BBC Radio London

Step Change Studios (Westminster)

An organisation that provides dance in community, social care, healthcare, education and sports and leisure settings for all ages and abilities; supporting over 2,000 disabled people to participate in dance.

Volunteer of the Year in association with Davies Sports

Nafisa Patel (Newham)

Nafisa has developed into a vital volunteer for the cricketing community in London. Nafisa is an ECB volunteer on the South Asian Female Project and leads sessions at Newham Cricket Club.

The Sport Unites Award in association with the Mayor of London

The Golf Trust (Multi-Borough)

The Golf Trust uses golf to inspire and empower older adults living in care homes and sheltered housing across London to lead happier and healthier lives.

The Impact of Elite Sport Award in association with Lee Valley Regional Park Authority

West Ham United Football Club (Newham)

West Ham's Players' Project community programme focuses on using the power of elite sport and personal storytelling to improve economic impact,

social integration, help people overcome barriers.

The Business Contribution Award in association with the City of London Corporation

UBS (Hackney)

UBS has been changing the lives of children and young people through sport via a partnership with SportInspired. UBS provides volunteers to support children and young people with activities.

Inspirational Young Person of the Year in association with London Youth Games

Vanessa Nsilu (Barking & Dagenham)

Vanessa has been a part of Barking Salvation Army for over 15 years. She has fundraised to set up a youth club, organised residential trips to sporting facilities and set up a dance class for young people.

The Community Impact Award in association with House of Sport

Carers4Carers (Lambeth)

Founded and run by carers to improve the physical and emotional wellbeing of unpaid carers and their families, Carers4Carers encourages everyone to have fun and take part regardless of their age.

About London Sport

London Sport aims to make London the most physically active city in the world. Supported by the Mayor of London and Sport England, our target is to get Londoners more physically active.

For more information on London Sport, visit www.londonsport.org

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