

Welcome to the 'Inspired by 2012' newsletter, a summary of the latest legacy news and updates, and this month featuring a special insight from a member of the Games Maker Choir.

If you have a story you'd like to see in a future edition, please let us know – our contact details at the end of the newsletter. There you can also find details about our next annual legacy report and how you can be involved.

Andrew Honeyman, Editor

Highlights

As the end of the current parliament approaches, there's been a range of government and parliamentary activity relating to legacy.



A new document from the Department for Culture, Media and Sport, "[A Living Legacy](#)," describes the rationale for investment in sport and the benefits seen over the past five years, including London 2012.

The "[Gold Framework](#)" sets out how the Department for Culture, Media and Sport and UK Sport work together to provide support to a range of major sporting events in the UK.



The House of Commons Health Select Committee published its [report on physical activity and diet](#), stressing the importance of physical activity for health, independent of issues such as obesity, and posing a number of challenges to government.

Sports volunteering was the focus of a debate in the House of Lords on 24 March 2015. The chair of legacy volunteering charity Join In, Lord Allen, highlighted the social and economic value sports volunteering generates. You can read the [transcript of the debate](#) on the Parliament website.

The Games Maker Choir – an Insider's View

By Jenny Hicklin, choir member

You may well have heard of The Games Maker Choir - formed at the Olympic Park in 2012 and still going from strength to strength. Over 500 Games

Makers are registered with the choir and more than a hundred meet each month to rehearse for a whole day in Clapham.

I became a member of the choir a few months after London 2012 finished and my life has never been busier! We have become great friends and are now just like a second family. We work really hard, but the homemade cakes and nibbles keep us going and the time just flies.

Frequently, we have to pinch ourselves when we are asked to perform in amazing places, such as Wembley Stadium in front of 80,000 people, at Twickenham singing anthems in several different tongues, in Trafalgar Square for the Tour de France, or Horse Guards Parade welcoming the cycling heroes home. More recently we recorded in the iconic Abbey Road Studios - definitely another 'pinch me' moment. I could go on and on!



The Games Maker Choir at Twickenham

We are just ordinary people who became Games Makers and through commitment, friendship and hard work have now entered a very different world of musical performance supporting the best of British sport. We have a bright and tuneful future. So watch this space – there is more to come!

<http://www.gamesmakerchoir.org.uk/>

Updates

Get Berkshire Active inspired by young sporting talent

Inspired by 2012 licence holders Get Berkshire Active (Berkshire County Sports Partnership) have announced the two winning recipients of their 'Inspired to Achieve' Bursary. The bursary was open to young people living in

Berkshire participating in sport at any level, who had to demonstrate how the fund would remove barriers currently preventing them from excelling.

The winners were Andrea Romano, a 13 year old rock climber from Whitley, Reading and James Langley, a 17 year old Team Gymnast from Bracknell.

James said 'I am very surprised to have received this...just doing something that you enjoy can bring out the best in you and provide many new goals and opportunities. I am really looking forward to the changes this is going to make in my gymnastics career'



L-R: Alex Bennett, Technogym; Andrea Romano; James Langley; Kat Copeland, Olympic gold medallist at London 2012

Technogym UK staff raised sponsorship money for the bursary by running the Bracknell half marathon. Get Berkshire Active was inspired to set up the 'Inspired to Achieve' scheme and hope to make it sustainable year on year.

If your organisation would like to be associated with such a great cause please contact Get Berkshire Active: www.getberkshireactive.org.

Get Set's Road to Rio!

[Get Set's Road to Rio](http://www.getset.co.uk/roadtorio) is the youth engagement programme of the British Olympic Association and British Paralympic Association, partly funded by [Spirit of 2012](http://www.spiritof2012.org).

The programme has been built with young people in mind; offering [free resources](#) for schools and youth groups to help promote healthy, active lifestyles. In an initiative launched in January 2015 by Lord Coe, Road to Rio is challenging young people to gather in teams and travel the equivalent distance from the Olympic Stadium in London to the Olympic Stadium in Rio de Janeiro.



Olivia Breen, Lord Coe and Max Whitlock launch Get Set's Road to Rio at the London Aquatics Centre

Teams are encouraged to try different sports and less conventional physical activities such as hula-hooping and running backwards, using the [free, web-friendly app](#) to track and measure their 9298km journey to Rio. The app offers badges for milestones, and exclusive rewards such as school visits and Google hangouts with Olympic and Paralympic athletes.

Follow the programme's development on [#GSRoadtoRio](#).

Bike and Brunch at Lee Valley VeloPark

Lee Valley VeloPark in the heart of Queen Elizabeth Olympic Park is launching weekly women's Bike and Brunch sessions on Friday 10 April.

For just £5 cyclists of all standards can enjoy up to two and half hours of cycling on the venue's one mile road circuit every Friday between 09:30 and 12:00 before putting their feet up with a well-earned hot drink in the inspiring venue.

The Bike and Brunch sessions are supported by the Breeze network, British Cycling's national network of fun, social, local bike rides for women.



Supported by Sport England and the National Lottery, Breeze has, since 2011, delivered tens of thousands of cycling opportunities for women across England. The recreational group bike rides are led by women for women.

No advance booking is required and more information can be found on [Lee Valley VeloPark's website](#).

Get Involved – Annual Legacy Report

Every year we publish a report to mark the anniversary of London 2012 and summarise progress with legacy activities. We're starting to plan the 2015 report and would like it to feature as many different legacy projects as possible, big and small. We can't guarantee to include everyone, but do get in touch if you would like your project to be considered for inclusion – olympiclegacy@culture.gov.uk

Get in touch! Let us know if you have a legacy story you'd like to see in a future edition of this newsletter: olympiclegacy@culture.gov.uk. Use the same address to be added/removed from the distribution list.