Welcome to Nuneaton and Bedworth Borough Council’s Active4Life Annual Report 2015 -2016

It’s been another successful year for our sports development team!

Implementing local, regional and national frameworks are helping the borough become ‘The place of choice to live, work and visit’.

The team, compromised of individuals who have responsibility for health & well-being, active sport & recreation and development of sports clubs and organisations, have spent the past year supporting and delivering a wide range of services and activities, including community sports/activity programmes, walking and cycling projects and supporting partners in reducing anti-social behaviour.

Their action plan falls in line with the council’s refreshed community plan ‘Shaping Our Future 2007 – 2021’ and the Nuneaton & Bedworth Borough Council Sport, Active Recreation and Well-Being Strategy (SAR&WS) 2012-17.

Here Kevin Hollis, sports development manager, tells us what the main aims are:

“To improve the quality of life and social justice for residents so it is much closer to that enjoyed by the rest of Warwickshire – Priority 3 being to work in partnership to improve health and reduce health inequalities for residents in the Borough.”

“And to work in partnership to reduce the level of crime and disorder so that the community is and feels safer – Priority 1 being dealing with anti-social behaviour by working in partnership and providing diversionary activities to engage with youngsters.”
Numbers have been rising steadily on our Walking For Life programme, part of the national Walking 4 Health scheme, and this year has seen an **increase in over a thousand attendances** in the Borough.

On average our volunteers deliver at least 90 hours each month, totalling over 900 hours over the year.

In response to this, extra walks have been organised by walk leaders for regular walkers, friends and family members.

The **Big Day Out** initiative events, organised by the council’s community team at Bailey Park and Pool Bank Rec and in partnership with Warwickshire County Council, were another success for the Sports Development Team meaning that the autumn’s whole weekend format will be repeated, giving two packed days of activities.

Public Health, George Eliot Hospital Health and Well-Being Service and the Warwickshire North Clinical Commissioning Group provided health and diabetes checks to **over 20 adults** and encouraged the public to change one thing for their health through the #onething campaign and making pledges. A constant flow of children participated in the archery and designing butterflies activities.

The delivery of Family Weight Management sessions for children between 5 – 12 years of age across Warwickshire has been set up by the Sports Development Manager and Sport & Physical Activity Officer in collaboration with Rugby Borough Council, with commissioning from Public Health Warwickshire.

A Family Lifestyle Advisor delivers the Change Makers programme to Nuneaton and Bedworth families to help improve their health and well-being over the next two years.

The results since September last year are:
- **20 families** have completed Change Makers
- **17 overweight children** completed the programme
- Of the 17, **14 children** either reduced their BMI or maintained
- Of 20 families, **17** reported an increase in their fruit and vegetable consumption
- At least **1 family member** in every family increased their physical activity levels
The Health and Active Recreation Coordinator is now concentrating delivery on community-based programmes and has successfully set up a diverse range of community classes which are strongly linked with the new Fitter Futures referral programme. These session are set up to help reduce the health inequality and improve physical activity levels within the borough.

During the last year nine pre and post-natal classes, seven sheltered scheme classes, four health specific classes and 33 community classes including Clubercise, Seated Exercise, Bootcamps, Tai Chi, Insanity for All, Kettlebells, were established.

Over the past year there have been 2,859 attendances. These are all linked to the exercise referral pathway via Public Health Warwickshire – Fitter Futures.

During the year, the Health & Active Recreation Coordinator successfully secured £7,480 worth of funding.

£573 was secured from the Co-op to help support the Olymppage event. An archery set was purchased and presented to the winning team, assisting them in continuing to be physically active post event. The funding also provided healthy snacks for all participants during the events.

£6,907 was secured through Sportivate funding, this was split up over the following projects:

- £1,440 – nordic walking classes, including training of instructors
- £3,578 – clubercise classes, including training for 2 instructors
- £1,259 – PiYo (Pilates and Yoga), including the training of an instructor
- £630 – More Baby and Me sessions within the Nuneaton and Bedworth

The Health & Active Recreation Coordinator and Club Development Officer worked alongside the council’s Reg Hadden Court to establish them as a Sports and Social Club. The residents applied for funding and were successful at gaining £800 for equipment. They are now looking to set up a regular table tennis league.
Exhall Amateur Boxing Club has been successful in receiving funding of just over £9,000. The money was secured from Sport England.

Bedworth Cricket Club secured £75,000, Griff & Coton Sports Club secured £30,000 and Nuneaton Olympic Gymnastics Club secured £50,000 from the latest round of Sport England Inspired Facilities funding.

A total of £4,080 was secured to develop dance, archery, volleyball and a new Nordic walking programme as part of the Get Active Hubz.

Exhall Boxing Academy secured £750 from the Warwickshire County Council Councillor’s Fund for the purchase of Video Equipment to help develop coaching practice in the Club. They have also secured Communities Grant funding for £3,782 to purchase new kit and equipment to develop more sessions and reduce waiting lists.

Nuneaton Harriers Community Association secured £1,000 from the Warwickshire County Councillor’s Funding for the development of Walking Rugby Sessions.

A new Cycle Club secured £150 from Nuneaton and Bedworth Sports Forum New Start up Grant.

Nuneaton Lawn Tennis Club secured funding from the Warwickshire County Council Councillor’s fund for £3,350 for the installation of new pathways to allow disabled access to their playing facility.

A total of £4,080 was secured from the Coventry, Solihull and Warwickshire Sport (CSWS) as part of the Sportivate funding programme.

Nuneaton Harriers Community Association secured £1,000 from the Warwickshire County Council Councillor’s Fund for the development of Cricket Provision in their local community.

Also securing £3,800 of funding from council’s Communities Grant Team for the development of green gym sessions in Bedworth Miners’ Welfare Park and Pool Bank Street.

Nuneaton Cricket Club secured £10,000 from Lafarge funding for the purchase of new equipment and development of their facility.

Ambleside Sports and Social Club was awarded £1,500 from the Warwickshire County Council Councillor’s Fund for the development of their netball courts.

Days community group received £900 from Warwickshire County Councillors Fund for the development of Cricket Provision in their local community.

Grove Farm Community Association secured £1,500 from the Warwickshire County Councillor’s Fund for the delivery of Get Active Hubz.

A total of £10,212 was secured from council’s Communities Grant Team for the development of green gym sessions in Bedworth Miners’ Welfare Park and Pool Bank Street.

Stockingford Pavilion AA Bowls Club secured £800 from Warwickshire County Councillor’s Fund to develop and improve access to the site.

Also securing £3,800 of funding from council’s Communities Grant Team for the development of green gym sessions in Bedworth Miners’ Welfare Park and Pool Bank Street.

Boxing Clever Academy secured £10,000 from Awards for All for new equipment for the club and develop and increase the number of sessions on offer.

Exhall Boxing Academy secured £750 from the Warwickshire County Council Councillor’s Fund for the purchase of Video Equipment to help develop coaching practice in the Club. They have also secured Communities Grant funding for £3,782 to purchase new kit and equipment to develop more sessions and reduce waiting lists.

Over the past 12 months a total of **£222,612** has been secured for local organisations.
This year’s Active 4 Life grants programme received a total of 13 projects which have been supported as follows:

- Coventry United Ladies FC  
  - girls football sessions, delivery in the Community

- Embody Dance  
  - disability dance sessions

- Healthy Living Network  
  - growing families

- Abbey First  
  - fit and fabulous

- Grove Farm JFC  
  - mini soccer school

- Bedworth Disabled Swimming Club  
  - disability swimming gala

- Nuneaton and District Table Tennis Association  
  - Nuneaton Academy Table Tennis Coaching

- Diabetes and Youth Support  
  - Summer Junior School

- Reg Hadden Court  
  - fitness sessions

- Warwickshire Race and Equality Partnership  
  - BME Girls and Women’s Self Defence

- Wembrook Community Centre  
  - Tai Chi

- Old Collycroft Residents Association  
  - community activity classes

- Nuneaton Harriers Community Association  
  - footgolf course

Just under £6,000 was raised at The British Heart Foundation ‘Run for your Heart’ fun run. Over 150 participants took part. It is organised by the council and Nuneaton Harriers Athletics Club with support from and Everyone Active and the Sea Cadets.

The Sports Development Team introduced a new Community Club Award at the Nuneaton and Bedworth Sports Forum Awards. The winners were Bedworth United Football Club.

To date, the Passport to Performance Scheme has six athletes on the programme. They receive free usage at council leisure facilities, in partnership with Everyone Active.

A weekly basketball session has been developed with funding from Particip8.

Nuneaton Harriers Community Association have secured part-funding and have commenced preparation for the installation of a Footgolf Course in Riversley Park.

Pine Tree Court sheltered housing complex has formed Pine Tree Court Sports and Social Club.

Exhall Boxing Academy has been successful in re-accreditation of Clubmark from England Boxing.

Bedworth Rugby club have also been successful in achieving accreditation from the Rugby Football Union.

There have been two new sports clubs created in the borough, Bedworth Judo Club and Midlands Gymnastics Academy.

Sports Development Team run a number of workshops for local volunteers and coaches in partnership with CSW Sport. The courses delivered were Safeguarding & Protecting Children and First Aid.
A total of 35 people took part in the “Try a Tri” events held across the year to encourage more people to experience the sport of triathlon organised by Nuneaton Harriers Community Association, England Triathlon and the council.

To date, £75,000 has been secured from Sport England by Bedworth Cricket Club. Further funding is being sourced from WREN, Warwickshire County Council Transition Fund and the English Cricket Board for the planned development of the Pavilion in Bedworth Miners’ Welfare Park.

Several new clubs have been established or supported including a new boxing club at Heckley Pavilion who are also delivering a range of fitness and archery classes. Also a newly formed darts club, increased provision for gymnastics through the site at Weddington, a new disc golf club and increased physical activity sessions at Nuneaton Harriers within their new club house extension.

Get Active Hubz bring local people together and provide a home for local clubs and sports organisations to provide taster sessions in a variety of activities such as fitness sessions, variety of sports sessions, dance, gardening, youth workshops, making it easier for people to get involved and engage in a more active and healthier lifestyle.

Two young people are in the process of completing an ASDAN Sport and Fitness award.

Get Active Hubz was successful in securing £8,960 of grants to deliver activities.

Five hubz are now operational with the sixth in the planning and consultation stage.

Total sessions delivered: 163
- Total attendances: 1,433

Four volunteers supported the hubz delivery. Two from North Warwickshire and Hinckley College who supported delivery for 6 months after completing work placement with SDT.

One of which applied for NBBC Community Sports Coach position and was successful and went on to deliver at the hub for a further 6 months and is still in post as a casual employee.

Two local residents delivered 2 hours each per week throughout the year and also organised hubz parties.
Five community events were organised and delivered by the Sport and Active Recreation Coordinator supported by local organisations and clubs to promote and showcase many of the activities available at the hub.

- Wembrook Community Fun Day • 150 attendees
- Kingswood Family Sports Day • 300 attendees
- Stockingford Community Fun Day • 106 attendees
- Nuneaton and Bedworth Get Active Day • 6 schools; all Year 6 pupils
- Camphill Family Sports Day • 48 attendees

Kieran – aged 14

Some individuals will not access a leisure facility or attend a sports club as they do not feel they fit the mould of being fit enough, or good enough. For others, there may be barriers currently preventing them from participating in regular exercise such as costs or location.

Kieran attends the hub every week but did not participate when we are delivering non-team sports. He can be quite dominant and disruptive if not participating, but is a strong leader when he takes part.

He is overweight, lacks confidence and does not attend any other facility. He loved the archery, as in its beginner stages, it is very much an individual sport.

He was comfortable with trying to better his own scores. From the initial session, his improvement was steady and at the last session, he was consistently hitting the marks and really enjoyed taking part.

It helped him with his confidence as it wasn’t a sport where he would be struggling to run around, but he could show some of his other skills such as hand to eye coordination. He was shooting against others and as part of a team, but he didn’t feel so much pressure as he does in team sport.

His improvements have led him to want to carry the sport on and we have continued with soft archery at the hub with him and have signposted him to Nuneaton Archers.

Several families participate in this hub but 1 family really stands out in terms of development. This is a single parent family with 7 young children and when they first arrived at the hub, the parent didn’t speak to anyone, sat in the corner didn’t interact with anyone including their own children, the parent now joins in with activities, helps to set up and is involved with all the sports and games.
Youth Contact Team support local residents, members and police. They are a reactive service assisting to reduce anti-social behaviour and small fires in priority areas. The team have engaged with 3078 young people and received 54 referrals from residents and/or agencies this year.

The sports development team secured funding for a mobile climbing tower and have been project-managing all aspects. The tower initiative will also have a programme for external hire opportunities to generate income to support fund the delivery.
Future Projects

The team are currently working on:

- Focus on promoting all the local cycle routes with the new cycle club being developed to help promote the opportunities of cycling in the borough and the health benefits this brings.
- Developing more health classes, Low Back Pain Management, Obesity and Diabetes, Men’s Health and a Council Weight Management class.
- Developing the Rugby 4 Life Programme which includes Walking Rugby.
- A Walking Football session within the borough.
- Establishing the sixth Get Active Hub and support local forums to help manage and deliver these sessions in the priority areas, offering a range of health, well-being, sport and leisure advice and activities to suit the neighbourhood needs.
- Undertake an external Peer Assessment through “Quest” which will provide a Sports Development recognised Leisure Industry accreditation mark for the team and its delivery.
- Support and advice has been provided to a potential new facility owner/developer in the borough looking at gymnastics facilities. This would supplement existing facilities and where evidence has shown that Nuneaton and Bedworth has a shortfall in meeting demand.
- Deliver the climbing tower programme in wards across the borough engaging hard to reach residents and promote opportunities for active recreation.
- Look to work in partnership with Nuneaton Harriers and develop a 10k run in the borough with a view to linking in with Town Centre promotion.
- Refresh the NBBC 2012 – 2017 Sport, Active Recreation and Well-Being Strategy following the adoption of the new NBBC Playing Pitch and Leisure Strategy completion.
- Deliver the refurbishment of the council owned Miners’ Welfare Park Pavilion and external funding applications to meet the needs of sporting provision in this area.
- Developing strategic documents for Playing Pitch Strategy and Sport Recreation and Community Facilities, in order to take advantage of future leisure funding from housing developments and develop a 5-year plan for leisure provision.
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<td>Healthy Living Network</td>
<td>Warwickshire County Council</td>
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<td>Coventry Solihull and Warwickshire Sport</td>
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<td>Nuneaton &amp; Bedworth Sports Forum</td>
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<td>Wembrook Community Centre / Management Committee</td>
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<td>Stockingford Early Years Centre</td>
<td>Grove Farm Residents Association and Community Centre Committee</td>
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