

Sports Development Team: Quarterly Report July to September 2016

Nuneaton and Bedworth Borough Council's Sport Development Team (active4life)

Nuneaton and Bedworth Borough Council's (NBBC) Sports Development Team (SDT) provides a wide range of services and activities to the local community that support and deliver against local, regional and national frameworks in helping Nuneaton and Bedworth Borough become The place of choice to live, work and visit.

The team is made up of individuals who have responsibility for health & well-being, active sport & recreation and development of sports clubs and organisations. We also deliver community sports/activity programmes, walking and cycling projects.

The teams delivery and action plan falls in line with the Councils Refreshed Community Plan 'Shaping Our Future' 2007 – 2021 and the NBBC Sport, Active Recreation and Well-Being Strategy (SAR&WS) 2012–17. The team's objectives support Aim 1 and 2 of the Corporate Plan being specific around:

- Aim 1 we will 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.
- Aim 2 states that it will 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.

This report provides an overview of the previous three months (July to September 2016) work delivered by the active4life team, providing a quarterly update on achievements and outcomes, against the headings identified in the Community Plan.

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Overview of Projects

Healthy People

- During the last quarter there have been 1512 attendances on the Walking 4 Life programme, this forms part of the Walking for Health National Scheme.
5 new walkers recorded
Of the new walkers there are;
5 females and 0 males
2 from an SOA
2 not undertaken any recent exercise
We currently have 28 volunteers who have been trained as walk leaders and lead walks on a regular basis, supporting the SDT and NBBC.
- A walk leader training day was organised during the quarter with 6 people attending, 4 local and 2 from other boroughs. This has helped with the Walking 4 Life weekly sessions as we have had a number step down over the last year due to various personal reasons.
- Organised by Pride in Camp Hill, the Sport & Physical Activity Officer worked in partnership and attended a mile walk event for Camp Hill School. Parents were invited to walk the mile route that has been established within the Dingle and encourage them to utilise this not only to walk to school but for running and regular fitness walking. Approximately 250 children and parents attended. With positive feedback given by all. Through Pride in Camp Hill the Coop provided apples and drinks for the children as a healthy snack following the walk.
- During the summer the Family Lifestyle Advisor (FLA) delivered a regular Tuesday drop in session within Bedworth Heath at their Community Centre. Three families accessed the sessions and have now been sign posted to one of the new 9 week Change Makers programmes commencing in October. The FLA also attended various sessions and organisations throughout the summer to promote the Change Makers programme.
- The Sports Development Team joined in partnership with Nuneaton Harriers to deliver a summer of sports activity sessions during the middle four weeks of the summer holidays. The sessions ran from 9am – 4pm each day with an early drop off at 8.30 and late pick up of 4.30pm. Linking with their SMASH programme that covered the full six weeks of the holidays, a total of 101 attendances.
- NBBC's summer holiday programme was again delivered at the Civic Hall and was managed and coordinated by Tim Norton and his team.
- Due to the popularity of the clubbercise we now have 5 sessions being delivered across the borough at various times, supporting residents to be more active.
- During July - September 2016, HARC has continued to develop the community classes and currently has 4 pre and post-natal classes within the Borough, 6 classes have been set up at local sheltered accommodations, 2 respiratory & cardiac rehab classes, 35 community fitness sessions (26 partnership working classes), as part of the community referral scheme.

Classes	Q3 Attendances
Pre and Post Natal Classes	0
Sheltered Accommodation Classes	90
Health Classes	179
Community Fitness Sessions	368
Partnership Classes	792
Taster Sessions	2
Grand Total of Attendances	1431

* During Summer holidays many sessions and partnership classes were put on hold due to instructor holidays or facilities being closed, hence a drop in last quarter's figures.

- Workplace Challenge - As part of the SDT's "Active4Life" initiative to support NBBC employees in improving their health and well-being with information, programme support and advice, the following were organised;
 - July was our general knowledge quiz in support of Mental Health Awareness, we had a selection of teams from various departments compete in the quiz, with some very interesting answers;
 - August was our Foot Golf tournament, held at Pingles Stadium, which Simon Daly won; after competing in many of the other Work Place challenges, Simon was ecstatic to have finally won the challenge cup;
 - September was our annual health check month and we had 35 attendees, more details below. We also encouraged cycling to work to receive a free breakfast.
- NBBC Health Checks took place during September and into October. 35 employees chose to participate all between the ages of 21 – 51+ and 9 on whom were male. It was positive that only 2 out of the 35 employees were smokers however, only 31.4% showed that their BMI was within the ideal weight range, everyone else was overweight.
- The Olympage event for older people delivered a fantastic event again this year with heats held in both towns, Etone Sports Centre (Nuneaton) and Saunders Hall (Bedworth). Eleven teams took part from 8 sheltered accommodations from across the borough. The finals are due to be held in November at Saunders Hall, Bedworth.

Vibrant Economy

The following sport clubs and organisations have been supported with advice funding;

- In partnership with Everyone Active, an Inspired Facilities funding application was originally submitted for the re-development of Pingles Tennis Courts to open up use, to include more netball provision. The bid was being submitted by Everyone Active with support by Nuneaton and Bedworth Borough Council and several other local partners and clubs. Following on-going negotiation with Sport England, NBBC are looking to submit the application in order to meet legal requirements around Landlord and clarify exact funding being offered to NBBC in order to deliver this project.
- The CDO supported Nuneaton Harriers Community Association and Old Collycroft Residents Association (OCRA) with applying for funding from the People's Health Lottery. OCRA applied for funding to install a new pathway to better link the access routes around the park this grant was for £15,000. Nuneaton Harriers applied for £25,000 to develop a

programme of activities and exercise sessions in the wider community which would be in partnership with the Sports Development Team. At this time no feedback on the applications has been received.

- Liaison and advice with the new local Gymnastic Academy in Nuneaton has been ongoing, providing contacts and partnership opportunities for future development of the site. This brand new facility for the Borough will enable further opportunities for local people to take part in physical activity.
- Consultation and drafting continues on the emerging NBBC Sport, Recreation and Communities Facilities and Playing Pitch strategy for future adoption by the Council. These two strategic documents will be fundamental in identifying current and future medium and long term needs for the authority.
- The Sports Development Team have partnered up with RS Rugby LTD to develop a Rugby 4 Life Programme. The aim of the programme is to develop Rugby for the wider community with exit routes to local sports clubs. The initial sessions will be based on Walking Rugby and Touch Rugby. Nuneaton Harriers Community Association have also entered in the partnership and secured funding of £1,000 from Warwickshire County Council CLLR Fund to develop a Walking Rugby Project.
- The Passport to Performance Scheme, which is a scheme to award talented athletes across Nuneaton and Bedworth with free use of NBBC owned leisure facilities, was launched in partnership with Everyone Active in 2014. Currently there are 6 athletes on the scheme;
 - Georgia Parris – Athletics
 - Ryan Dixon – Boxing
 - Jordan Jones – Boxing
 - Tyler Clarke – Boxing
 - Emma White – Athletics
 - Katie Daniel – Athletics
- Nuneaton Harriers Community Association have installed a Foot Golf Course on the current underutilised Pitch and Putt Course in the Pingles Leisure Park. The course was part funded with an Active 4 Life Grant, external funds, Nuneaton Harriers and in partnership with NBBC Parks Team. This activity is growing in popularity with positive feedback received from Nuneaton Harriers who manage this activity.
- On-going consultation with Bedworth Cricket Club and a range of partners around the proposed development of the Johnson Road Sports Pavilion in the Miners Welfare Park continues. As the project has now developed from an initial phased approach to a single NBBC contract, external funding and legal agreements have all required to be finalised and negotiated.
- The CDO is currently investigating setting up a new sports and social club in another NBBC sheltered housing complex with a view to supporting them with seeking funding to buy activity equipment for residents. This provides further opportunities for residents to increase their physical activity levels.
- Information forwarded to all our locals clubs and organisations that we have contact details for about the WCC Communities Buildings Grant opportunity. Initial discussions initiated

with several organisations about potential projects and how we can support them through the process.

The following clubs/organisations have received funding:

- NBBC in partnership with Bedworth Cricket Club are submitting an application to the English Cricket Board for support funding of £20,000 towards the proposed extension and refurbishment works at the Miners Welfare Park facility.
- The 2016/2017 Grants Programme reopened for applications from Not for Profit, Charities, Sports Club and Voluntary Organisations. A total of 13 applications were received with 9 being awarded. These will support activities in priority wards. A further application process is being made available in the next quarter.
- In June the existing Club Development Officer (CDO) Nathan Blundell secured a new position with a funding organisation and left the NBBC Sports Development Team. Some reduction in support has been evitable during the quarter, however on Tuesday 20th September the new CDO Gowan Miller joined NBBC and has already taken on several projects and supporting local organisations with funding opportunities. Partnership working with the Nuneaton and Bedworth CAVA and Coventry, Solihull and Warwickshire Sports Partnership has already been established.

Connected Communities

- Get Active Hubz

Hubz are based in local open spaces, green spaces and local facilities such as community centres. The hubs bring local people together and provide a home for local clubs and sports organisations to provide taster sessions in a variety of activities.

They also provide information, support and advice on a wide range of sports, physical activities and health issues to make it easier for local people to get involved and engage in a more active and healthier lifestyle.

The specifics of each hub and what it offers vary according to local need and local resource.

Through successful funding grant for £3,000 from Sportivate, Hubz have delivered 12 weeks of Disc Golf, a relatively new alternative sport which all abilities and ages can take part in. With the use of portable disc golf set we have provided basic coaching in shots and for those that wished to continue we have signposted to the recently installed Disc Golf Course in Bedworth Welfare Miners Park.

Hubz have had 112 attendances during the last quarter and alongside disc golf various other sports have also included: Volleyball, Tennis, Boccia, Archery, Table Tennis, small-sided games, and fitness related sessions.

- Climb4Life

The climbing tower went operational in April and has attended several events over the last quarter to raise profile and engage with the community.

Its launch in both Riversley Park, Nuneaton and Miners Welfare Park, Bedworth was well received by the public in April and has since attended Nuneaton Carnival, Bulkington Carnival, Wembrook Fun Day, Bedworth Party in the Park, Bedworth Bun Day, and Nuneaton Lives.

Site visits previously identified in all wards were also completed with the Tower, involving siting and raising it on each site to ensure we are complying with Health & safety and in preparation for community programme.

The climb4life website pages went live with descriptions of the tower and video footage along with all documents for hiring. It can be viewed on the link below.

https://www.nuneatonandbedworth.gov.uk/info/21005/climbing_tower/287/climb_4_life

- The NBBC Youth Contact Team (YCT)

The team work remotely during evenings and weekends and are managed by the Sports and Active Recreation Coordinator. They are a reactive service assisting to reduce anti-social behaviour and small fires. They have maintained delivery and have been active in the community, engaging with young people to help to improve the quality of life for residents. They have received 14 referrals from residents and/or agencies this quarter, and engaged 1062 young people. These are all reported back through the NBBC's Communities Team as part of the external funding agreement with the Warwickshire Police & Crime Commissioner. Funding for 2016/17 was secured through the Communities Team to maintain this service for local residents.

The table below provides information on the YCT contact with young people, workshop topics and numbers of young people taking part by Ward for Quarter 2.

	Contacts male	Contacts female	Cruelty to animals	New users of YCT	Personal health/fitness	H & S / Road Safety	Personal safety workshop	Healthy eating/nutrition	Relationships and Sex	Fire safety/arson reduction	Substance misuse/AA	Perceptions of ASB	Water/lake/pool safety	littering	Social responsibilities	Smoking cessation	Stereotypes/self-image
Abbey	143	71		3		17	6	12	23		30				16		
Bar Pool	35	12				9					12					11	
Camp Hill	143	106		5		43					28	10	29				
Galley Common	52	33		4		16						29	6				
Wembrook	66	41			25			11							11		19
Bede/Bedworth	166	99	25	13	3	18	24	26			12	37			30	16	8
Cleaver gardens	25	11		4		6			10			6			6		
Pauls land	22	11		6		13				3	6	15		5			
Keresley	13	5		5								6					
Crowhill park	6	2		4										8			
Totals	671	391	25	44	28	122	30	49	33	3	88	103	35	13	63	27	27

Future Projects

- The final drafts of the Playing Pitch and Sport Recreation and Community Facilities strategy be signed off by Planning Policy Team and presented to Council for formal adoption.
- Commence discussions around the delivery of a 5k Fun Run next April and a potential 10K run in September 2017 working with partners.
- Work Place Challenge - launch the BUPA Boost app to encourage NBBC employees to be more active and healthy. This is not only about physical activities but links with mental health and wellbeing and work life balance.
- Every Saturday during October – December the climbing tower will be in the town centres on alternative weeks to support physical activity and fun opportunities for residents to “have a go” at climbing.
- The Climbing Tower will be attending the Christmas lights switch on in Bulkington, Bedworth and Nuneaton Town Centres during November.
- Discussions ongoing with several clubs in the area about potential future development and funding opportunities that will support medium term strategic plans of NBBC.
- Working with several local clubs on submission of applications for active 4 life grants, to increase physical activity levels within priority ward areas.
- Begin preparation work for an inaugural Nuneaton 10k road race and seek feedback on a route plan and consultation with internal and external partners. Promotions and local business engagement plans to be progressed.
- Complete the development plans for Bailey Park Bedworth, incorporating a new green gym facility, play equipment and removal of the not fit for purpose tennis courts in partnership with ward Members and the local residents association. Engage with local schools to support ownership and use of these new facilities.
- Deliver the final of the Nuneaton and Bedworth Olympage event at Saunders Hall Bedworth with residents from NBBC sheltered homes.
- Review the Sports Development team action plans for 2017 onwards and report back to OSP on recommended delivery for the team.

ENDS