Sports Development Team:
Quarterly Report July – September 2015
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 2015) 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

- Following initial meetings with representatives from the Queens Junior School Cricket Academy project the SDT supported some start up funding to deliver summer cricket coaching camps for residents of this area. Three coaching camps were delivered by qualified volunteers from the community with some 25 plus young children attending these sessions. Following the success of these sessions the group were further supported within indoor sessions at NBBC sports centre in partnership with Everyone Active and now Warwickshire County Council. Since commencing these sessions over 40 family members are now attending a physical activity session at Etone Sports Centre on a Sunday morning, when the existing facility programme was not fully occupied.

- This summer Breakaway was based at the Civic Hall, Bedworth managed by Tim Norton and the other at Nuneaton Athletics Stadium, managed by Everyone Active in partnership with Nuneaton Harriers from Monday 27th July to Friday 21st August, Monday to Friday. There were mixed results regarding attendances. Bedworth Breakaway was a great success with 2834 attendances across the 4 weeks and 183 children registered. Nuneaton was not as well attended with only 170 attendances across the 4 weeks and 54 children registered. A review will be undertaken about future delivery options.

- During this quarter the Play Rangers had 6191 attendances. The majority of these attendances were during the summer holiday programme which spanned 7 weeks, from 20th July – 4th September 2015. They offered a range of activities catering for a wide variety of interests. This year saw them provide canoeing in Riversley Park, which proved to be very popular. Other extras included a visit from Corner Exotics who brought along various creatures and insects for children to touch and observe; Den building and drum cart building. As well as the usual popular activities including face painting, water/soap slide, fire pit and lots of art and craft activities and sports equipment for them to play with. Physical activity delivery was also encouraged with attendees to increase their daily levels of activity.

- During the last quarter there have been 1300 attendances on the Walking 4 Life programme this forms part of the Walking for Health National Scheme. 20 new walkers recorded Of the new walkers there are; 16 females and 4 males 6 from an SOA 4 who had not undertaken any recent exercise. We currently have 31 volunteers who have been trained as walk leaders and lead walks on a regular basis, supporting the SDT and NBBC. They deliver approximately 90 hours each month.

- The Fitter Future programme is now up and running with the Family Weight management element underway within Nuneaton and Bedworth. The new Family Lifestyle Advisor, Joanne Lees, has now commenced and has integrated well within the sports development team. Three nine week Family Lifestyle programmes have commenced at the following
locations; Nuneaton Academy 6 families (8 children), Pingles Athletics Track 7 families (12 children) Cannon Maggs 1 family (2 children) already in place. This post is funded wholly by external funds following collaboration with Rugby Borough Council and is for a two year funded full time post.

- The Warwickshire County Council Initiative Big Day Out was again delivered across Warwickshire. Two events were organised by Surinder Jassi at Bailey Park and Pool Bank Rec on Saturday 26th September. The Sports development team were one of a number of partners delivering at the event including; Public Health, George Eliot Hospital Health and Well-Being service and the Warwickshire North Clinical Commissioning group at the event providing health tests, diabetes testing and encouraging the public to change one thing for their health through the #onething campaign and making pledges; Everyone Active providing fun activities and Newdigate allotment association give away free flower hanging baskets / pots. Bailey Park was a little quiet in the morning but Pool Bank Rec was a lot busier with over 20 adults receiving a health check and pledging. The Sports development team offered archery and designing butterflies, both activities proved popular with a constant flow of children participating in the activities.

- The Big Day Out was across two days within September and on the Sunday 27th the Walking 4 Life walk at Whittleford Park linked with the HLN who were able to offer a brunch following the walk at Stockingford community centre. This was very well received and 17 attendances were recorded for the walk, with new walkers attending.

- The Health and Active Recreation Coordinator has established a community referral scheme to provide affordable exercise sessions and activities for individuals with a variety of health conditions who would prefer a non gym environment. This will further provide opportunities for local residents to improve their health and well-being in local settings, away from formal Leisure sites.

- Community Referral Scheme Referrals
  - 18 Referrals during July - Sept
  - 6 Males and 12 Females – 1 male unable to get in contact with
  - 8 individuals live within the 6 SOA’s
  - 33 elements of health inequalities were found and 19 elements are linked to CVD/CHD
  - 2 people have had their 6/12 week review –
    - Individual 1 has lost 10% body fat, 1.6 cm round their waist and increased their Water % by 19.5%
    - Individual 2 has reduced her weight by 1.7kg, decreased her body fat% by 2.7%, reduced her BMI 0.6, and increased her Peak flow from 210 to 250

- During July – September the Health Active Recreation Co-ordinator (HARC) has expanded the community classes and currently has 13 Pre and Post Natal classes with the Borough, 5 classes have been set up at local sheltered accommodations, 3 respiratory classes, 2 Cardiac rehab sessions newly set up, 15 community fitness sessions (4 partnership working classes), 1 short mat bowls fitness class and 1 regular Breeze Cycling session recently set up, all as part of the community referral scheme. We have also recently added 6 more partnership classes to our timetable through Euphoria Dance Studios.

- Our Classes stopped during the summer holidays and started back week commencing 14th September, See below figures

<table>
<thead>
<tr>
<th>Classes</th>
<th>Attendances</th>
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5
<table>
<thead>
<tr>
<th>Pre and Post Natal Classes</th>
<th>66</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sheltered Accommodation Classes</td>
<td>175</td>
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<tr>
<td>Respiratory Rehab</td>
<td>221</td>
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<tr>
<td>Cardiac Rehab</td>
<td>1</td>
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<tr>
<td>Community Fitness Sessions</td>
<td>195</td>
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<tr>
<td>Breeze Cycling Sessions</td>
<td>15</td>
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<tr>
<td>Short Mat Bowls including Taster Sessions</td>
<td>96</td>
</tr>
<tr>
<td>Zumba Taster Sessions</td>
<td>50</td>
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<tr>
<td>Grand Total of Attendances</td>
<td>819</td>
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</table>

- 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’s Challenge was learn to Kayak and a Sprint challenge post lesson where 14 employees took part
  - August Challenge was a football match against Everyone Active, 13 NBBC employees took part and 14 Everyone Active players took part
  - Sept Challenge was a Team Building Treasure Hunt where 36 employees took part.

- HARC successfully secured £1,440.00 towards setting up regular Nordic Walking sessions and the training of two new Nordic Walking leaders within the Borough that will link in with the community referral scheme. These sessions will be added to the already existing Community Class Leaflet.

To see a copy of our leaflet click on the link below: [http://www.nuneatonandbedworth.gov.uk/info/200457/programme_and_activities/426/active_4_life_community_programme/2](http://www.nuneatonandbedworth.gov.uk/info/200457/programme_and_activities/426/active_4_life_community_programme/2)

- Following reports presented to Management Team and Council’s Cabinet Meeting on Wednesday 17th June and ratified at Full Council on Wednesday 8th July 2015 a Mobile Climbing tower has been purchase for future delivery within the Borough and also for external hire to support delivery costs. This tower will be used to provide an innovative physical activity initiative to all Wards in the borough and also used as an engagement tool at events and promotions with partners to provide advice / information and pathways for improving resident’s health and well-being.

- NBBC Sports Development secured funding and were able to purchase a Table Tennis Table for the use by NBBC Members and employees, As part of the England Table Tennis Initiative Beat the Boss. The table was purchased at a reduced rate with external funding. It is planned to book out time for people to be able to use the table within the Council House, before, during or after work once the building works have been completed.

**Vibrant Economy**

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

- In partnership with Everyone Active an Inspired Facilities funding application is being resubmitted for the redevelopment of Pingles Tennis Courts to open up use to include more netball provision. The bid is being submitted by Everyone Active with support by Nuneaton and Bedworth Borough Council and several other local partners and clubs. These include
the Nuneaton PE Association, Nuneaton Tennis Club, Coventry Solihull and Warwickshire Sport, Regional Netball Development Officer.

- Nuneaton Harriers Athletics Club continues to be supported with a bid to Sport England Small Grants to help purchase equipment for the future maintenance of the Pingles Athletics Track.

- A new Cycle Club Ambleside Velo are being supported with a funding bid to Sport England Small Grants to help purchase initial equipment to develop the start up of the club. The bid will be submitted shortly.

- Edward Street Community Centre are seeking funding to purchase new table tennis tables and equipment as well as coaching costs. Anticipated costs for the project will be around £5,000. The SDT will support this group in identifying funding opportunities.

- The Sport Development Team is submitting a bid to Sport England to support the delivery of our Community Class programme and Get Active Hubz. To support delivery across Nuneaton and Bedworth. The bid will be for around £9,500 which will increase also the local volunteering opportunity if successful

- Newdegate Cricket Club and Stockingford Pavilion AA Bowls Club are both working on funding bids to be submitted to Sport England Inspired Facilities Fund to develop their pavilions and playing area. The projects are in early stages and bids will be completed within the forthcoming months. Exact costings have yet to be sourced.

- Bedworth Cricket Club are currently under discussion with NBBC about the future refurbishment of Johnson Pavilion in the Miners Welfare Park. Following the Cricket Club being successful in securing £75,000 from Sport England with NBBC support. Opportunities are now being investigated as to how best to maximise the funds received to suit all parties concerned.

The following clubs/organisations have received funding:

- The Sports Development Team has been successful in securing funding from the CSW Sport as part of the Sportivate funding programme. A total of £4,080 was secured to develop Dance, Archery and Volleyball as part of the Get Active Hubz, also to develop a new Nordic Walking programme for the local community.

- DAYS community group were successful in receiving funding of £900 from Warwickshire County Councillors Fund for the development of Cricket Provision in their local community. The money will be paid to hire Etone Sport Centre to support a physical activity programme for family members using cricket as a focus sport.

- The 2015 Active 4 Life Grants Programme has now closed for applications and a total of 11 projects have been supported, which are as follows:
  - Coventry United Ladies FC – Girl’s Football Sessions
  - 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
Connected Communities

- Two events were organised by the Sport and Active Recreation Coordinator (SARC) in July, involving primary school year 6 pupils, with the aim to encourage young people and families to get active and keep active, by providing a range of taster activities that can be continued in the community at our Get Active Hubz and community classes.
  
  - Nuneaton Get Active day at Pingles Athletics Stadium on 7th July 2015 for Nuneaton schools.
  
  - Bedworth Get Active Day at Bedworth United Football Club on 9th July 2015 for Bedworth schools.

Unfortunately the Nuneaton Day was cancelled due to adverse weather, however schools were given the choice to attend the Bedworth day instead. This was the first time an event of this nature has been delivered in Bedworth through partnership working with Bedworth United and their new football facilities.

Schools in attendance: Goodyers End Primary, Newdigate Primary, Keresley Newland Primary, Stockingford Primary, Wheelwright Lane. (212 young people, 24 teachers)

Activities that took place:

- Each school entered a team into two tournaments which ran throughout the day, Capture the flag tournament delivered by NBBC Sports Development Team and Football tournament which Coventry United Ladies Football provided referees and linesperson to run
- Tri Golf and tennis was delivered by volunteer sports coaches from NWHC college
- Climb wall. Was well attended and very busy all day
- BMX bike pump track.
- Everyone Active’s Bee mascot attended
- The event was supported by following local clubs: Nuneaton Archers, Nuneaton Hockey Club, Keresley Rugby Club, Chiemika @ Community Sport and Coventry United Ladies Football Club - all giving up their time voluntarily to provide taster coaching sessions and games throughout the day.

Mayor of Nuneaton and Bedworth, Cllr Barry Longden was in attendance to present trophies to the tournament winners along with Coventry United Ladies Football stars Natasha Lynch and Helen Dermody.

- Sport Active Recreation Co-ordinator (SARC) organised a community event on Tuesday 1st September at Stockingford Community Centre and green space at Vale View to work with the local residents of Bar Pool to increase their activity participation levels, inform them of activities available locally, raise awareness of health and provide opportunities for them to recognise how to improve their wellbeing.
- **Get Active Hubz**

The Sport and Active Recreation Officer manages the initiative which is based in local open spaces, green spaces and local facilities such as community centres, they 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. However all hubz work to the following five principles:

- Growth in participation.
- Engage the local community.
- Promote community leadership.
- Offer a range of sporting/physical activity/health opportunities.
- Bring all appropriate (key) partners/ groups/people together.

**Kingswood Hub**

- The hub has 57 registered participants.
- 2 volunteers, delivering 48 hours each quarter.
- Summer programme sports sessions included: Tennis, kwik cricket, athletics, archery, table tennis, volleyball, small sided games, badminton.
- Extra youth sessions were delivered on Tuesdays over the school summer holiday period by Get Active Hubz Volunteers.
- We talked to over 300 people at Grove Farm Family Fun Day in September using sport to engage them. We showcased the activities that we deliver at the Get Active Hub at Grove farm Community Centre and signposted and encouraged people to come along and take part. The hub has since had a rise in attendance.
- The community have engaged with the hub in a very positive way and have a volunteer that is now a driving force in terms of putting other activities into place, working with Grove Farm Community Life who are in the process of securing the POD situated on Kingswood Road to enable a further base for Hubz to be delivered from.

**Wembrook Hub**
The hub at the Community Centre was closed in August and reopened on 8th September. We have changed the format since reopening and now have a fitness class running at the same time as sports activities, giving parents the opportunity to exercise at the same time their children are taking part in sports activities.

- Delivery of summer programme at the Community Centre during July and September included the following activities; New Age Kurling, Table Tennis, Volleyball, soft archery, Kwik Cricket, Dodge ball, Badminton, small sided games, fitness related sessions.
- 23 participants registered aged from 9 – 63 years
- As part of the hub we delivered taster sessions providing health checks and seated exercise class with the Women’s Institution, who were then signposted to continue with activity to the Community Centre.
- We have formed a partnership with Bromford housing to start the gardening programme utilising the outdoor beds at the centre.
- In September we introduced the opportunity for anyone aged 13+ to undertake a Sports award. The Asdan Sports and Fitness Award is a nationally recognised award. It is a basic course for anyone looking to start their sports career. We currently have 2 people registered to start.

Bar Pool Hub

The hub was closed in August and reopened on 10th September. Delivery of summer programme during July and September included the following activities; New Age Kurling, Table Tennis, soft archery, Kwik Cricket, Dodge ball, Tennis, multiskills and games small sided games.

- After school sessions engaging either at the centre or utilising the green space in the park had 6 families who met staff at the centre, and on arrival at the park a further 15 (on average) young people per session.
- We will be working with the centre to utilise the outdoor beds they have to engage families and young people into growing their own vegetables.

Bede Hub

Bede Hub was launched on 15th September at Euphoria Dance Studios, Marston Lane, which is opposite Bailey Park. We have formed a very positive relationship with the studio who have agreed to provide the studio at a very reduced rate.

The hub is the second to offer provision for families to exercise together. Parents/adults can exercise alongside their children, with fitness classes taking place at the same time as sports sessions.

An over 50’s activity class is also available at this hub.

- The Youth Contact Team (YCT)

Work during the evenings and at weekends through the SDT. 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. 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 2015/16 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, July to September 2015.

Quarter 2 July to Sept 2015. YCT contact with young people, workshop topics and numbers of young people taking part by ward.

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<tr>
<th>Contacts male</th>
<th>Contacts female</th>
<th>Average contacts per visit</th>
<th>New users made aware of YCT</th>
<th>safeguarding</th>
<th>Personal safety</th>
<th>Healthy eating/nutrition</th>
<th>General physical health</th>
<th>Relationships and sex education</th>
<th>Fire safety/arson reduction</th>
<th>alcohol</th>
<th>Substance misuse</th>
<th>Perceptions of ASB</th>
<th>Smoking cessation</th>
<th>politics</th>
<th>Social responsibilities</th>
<th>Interview skills/job requirements/careers</th>
<th>Equality and diversity</th>
<th>Internet safety/cyber bullying</th>
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The Sports Development Team in partnership with the British Heart Foundation will be hosting a 2016 Fun Run. An initial date has been set for 17th April 2016 and will follow the same routes as previous years.

Consultation has now commenced on the new NBBC Sport, Recreation and Communities Facilities Strategy and is being steered through the Planning Policy Team to ensure it supports the Borough Plan. This work will require 10/12 months to complete with the SDT and Communities Teams part of the steering group. Stage A of the work is currently under discussion as to feedback received and future work required.

Partnership working with the Local Sports Forum in delivering a 2016 Sports Awards evening is well underway with Friday 26th February confirmed for awards evening.

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. So far five athletes have been supported, they are;

- Emma Achurch – Race Walking
- Georgia Brown – Netball
- Douglas Stilgue – Athletics
- Georgia Parris – Athletics
- Ashley Parris - Football

The SDT hosted a First Aid workshop at the Pingles Athletics Stadium in partnership with CSW Sport on 10th & 17th June 2015. The course was fully booked and attended by 12 participants. Three further workshops have been booked in for next year and these are;

- 1 x First Courses
- 1 x Safeguarding & Protecting Children

Nuneaton Harriers Community Association hosted their second Try a Tri event on Saturday 4th July. The event attracted 9 participants on the day. The event scheduled for September had to be cancelled due to unforeseen circumstances. The November event has all ready attracted 14 entries.

As part of the Active 4 Life Grants Programme 2014 Particip8 CIC were funded to develop Basketball in the Nuneaton and wider area. This is now progressing to the setting up of a new Basketball Club with the support of CDO and Everyone Active. A first meeting will be held in October.

Wembrook Primary School artificial grassed pitch – Work commenced on this new facility in May following full planning permission approval. The formal opening of the facility took place on Friday 25th September by the Mayor of Nuneaton and Bedworth Borough Council Councillor B Longden and WCC Councillor June Tandy. The facility now open for community use after the school day has bookings already in place for several nights of the week. The community use management agreement through Wembrook School has been agreed with Nuneaton Harriers Community Association.

A Peer Assessment through Quest was undertaken in June for the SDT. Following an external examination of the SDT actions and plans against 8 set modules the team have received formal feedback that they were successful and passed the criteria. A full report is available upon request from the Sports Development Manager.
Future Projects

- SARC is currently working to launch Camp Hill and Abbey Get Active Hubz over the next 6 months to ensure all priority areas have been supported as per development plan previously reported to OSP.

- SARC is working with the community to set up Get Active Hubz Allotment sites, with local volunteers supporting the maintenance and upkeep.

- HARC to set up more health classes within the borough including Low back pain management, Obesity and Diabetes sessions and Nordic Walking, whilst looking at ways to link Passport To Leisure into the community classes.

- HARC is working in partnership with Everyone Active to set up 3,2,1 running routes within the Bedworth area and will also be rolling these out in the Nuneaton area.

- HARC is working on this year Olympage event that will be delivered in October 27th & 29th. With the grand final February 16th.

- HARC will be looking to set up a weekly weigh in session within the Council following on from the 6 monthly fitness checks in August 2015 and as part of employee challenges.

- Workplace Challenge – HARC will be setting up activity sessions and competitions for each department to introduce employees to new activities and to encourage them to adopt the 30 mins of exercise a day national guidelines.

- The CDO will be holding a club focus evening where clubs will be able to come and speak to the CDO on a 1:1 basis. This has been delivered in the past and proved very useful.

- Wider promotion will be undertaken to promote the Passport to Performance Scheme in partnerships with Everyone Active, to encourage further take up.
• The promotion of the NBBC PTL scheme will be looked at to re-launch its benefits and promote across the Borough.

ENDS