

# active **4**life Success Stories

Updated 11 March 2016

Family to run for their father in Nuneaton's Fun Run for Your Heart Challenge – 10<sup>th</sup> March 2016

A FAMILY are set to dust off their running shoes and take on this year's Nuneaton's Run For Your Heart Challenge in memory of their father.

The Wallace family, made up of Helen, Marie, and Stephen are all geared up to take on the annual 5k run, which takes place on Sunday, April 17.

They will do so in memory of their dad Steve, who died in December last year, at the age of 53, of heart disease.

Marie spoke about losing her dad and how she will complete the run with her siblings to raise awareness about the condition.

"My dad was following his usual routine on a Sunday, he had gone to watch a local football match and walked home in time for his Sunday lunch," the 25-year-old said.

"My mum had popped out and returned to find him collapsed in the porch. She phoned the ambulance and called me to go round, I watched as the paramedics tried their hardest to try and revive him but he never came round.

"It was a complete shock to us all as dad didn't have any previous symptoms. As the post mortem was inconclusive, we agreed to donate his heart for further research and were subsequently informed that he had upper aortic heart disease.

Read more: <http://www.nuneaton-news.co.uk/Family-run-father/story-28890549-detail/story.html#ixzz42aRI2zrn>

Nuneaton centre is going from strength to strength – 9<sup>th</sup> February 2016

A CENTRE in the heart of a Nuneaton community continues to go from strength to strength and now offers even more for folk in the area to do.

It has been more than three years since the not-for-profit organisation at Wembrook Community Centre was set-up.

One of its key aims is to play a role in the community and it hosts a different session every day for people in the area to get involved in.

Nuneaton and Bedworth Borough Council also hosts Get Active Hubz sessions at the centre every Tuesday from 4.30pm,

Kevin Hollis, the council's sports development manager said: "The 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 to make it easier for local people to engage in a more active and healthier lifestyle."

Read more: <http://www.nuneaton-news.co.uk/Nuneaton-centre-going-strength-strength/story-28692965-detail/story.html#ixzz42aPerXzW>

Residents urged to go the extra mile in parks in Nuneaton and Bedworth - 29 January 2016

FUNDING has been used to mark the way for residents in Nuneaton and Bedworth to put their best foot forward.

New measured miles have been created in park in the town towns.

They have been installed by Nuneaton and Bedworth Borough Council at the Dingle in Camp Hill and Bailey Park in Bedworth thanks to funding support from Public Health Warwickshire.

The markings will be used to encourage residents to get more physically active and use their local green spaces.

As well as the measure miles there is also a new walk that has been launched from Bailey Park on the first Tuesday of every month.

Starting at 1pm, the event is free and part of Nuneaton and Bedworth Borough Council's Walking 4 Life programme.

Read more: <http://www.nuneaton-news.co.uk/Residents-urged-extra-mile-parks/story-28631912-detail/story.html#ixzz42aSQnDlr>

Running shoes at the ready for 'Run for your Heart' event - 12 January 2016

ORGANISERS are hoping more people than ever will 'Run for their heart' at a popular Nuneaton fun run later this year.

The Run For Your Heart event, organised by Nuneaton and Bedworth Council, takes place on Sunday, April 17 this year.

The 5km circular route takes in Riversley Park and Pingles Stadium and people are being urged to sign up to run, walk or jog to help the British Heart Foundation.

Councillor Neil Phillips, cabinet member for health and the environment at the Town Hall, said: "I am very excited about this year's Run For your Heart event which raises much needed funds for the Mending Broken Hearts Appeal.

"I hope that more people than ever will sign up to run, walk or jog the route and that we'll enjoy the

usual support of the cheering crowds along the way."

Run for Your Heart is supported by Everyone Active and Kids Run Free which will be around on the day to provide fun activities for those who are too young to take part in the run.

CLLr Phillips added: "We are doing all we can to promote healthy lifestyles and raise awareness of cardio-vascular disease, which is the single biggest killer in our borough.

"We're a heart town and community support is so important. I am delighted that this event continues to go from strength to strength."

Read more: <http://www.nuneaton-news.co.uk/Trainers-ready-fun-run/story-28503786-detail/story.html#ixzz42aXE4zt2>

#### Support for super sports hub in Bedworth – 8 January 2016

FUTURE generations across Nuneaton and Bedworth are set to benefit from 'ambitious' plans to transform a cricket pavilion into a sporting hub.

The ageing Johnson Pavilion in the Miners Welfare Park (MWP) will become a multi-sporting hub offering everything from football to bowls and even disk golf, netball and tennis.

Work will soon get underway after Members of Nuneaton and Bedworth Borough Council's cabinet rubber-stamped the proposals.

It is being spearheaded by Bedworth Cricket Club which, according to its chair Ivor Richards, wants to create a facility to serve all sports.

He explained to the cabinet: "In 2011, it was our 150th anniversary and the club discussed its future and quickly realised that if substantial funds were not available to improve our pavilion, we would no longer be able to continue.

Read more: <http://www.nuneaton-news.co.uk/Support-super-sports-hub/story-28481147-detail/story.html#ixzz42aQ9tkEd>

#### New Year - new healthy start for families from across the borough - 17 December 2015

FREE courses offering families the chance to make changes towards a healthy lifestyle are set to begin again in the New Year across Nuneaton and Bedworth.

Change Makers aims to be both fun and informative, supporting families to embrace healthy living through improving their diets and increased exercise.

The free nine-week programme, led by Nuneaton and Bedworth family lifestyle advisor, Joanne Lees, gives families the chance to try recipes and take part in different physical activities, such as dodgeball and archery.

She has been delivering the first term's programme across the borough since September and said that they have already been a success.

"The response so far from families has been fantastic; we are delivering four programmes next term with the potential to reach at least 40 families across Nuneaton and Bedworth," she said.

"We are so lucky to be able to offer this for free to families who might like a little support with making small changes towards a healthier lifestyle."

New Change Makers courses are held at venues across the borough and start at Goodyers End School in Bedworth on Monday, January 11 from 3.20pm to 4.50pm, the Pingles Leisure Centre in Nuneaton on Tuesday, January 12 from 4.30pm until 6pm, Whitestone Infant School on Wednesday, January 13 from 3.30 to 5pm and the Camp Hill Education Sports and Social (CHESS) centre in camp Hill on Thursday, January 14 from 4.30pm until 6pm.

Read more: <http://www.nuneaton-news.co.uk/New-Year-new-healthy-start-families-borough/story-28384354-detail/story.html#ixzz42aQIlbNR>

#### High hopes for borough council's costly climbing tower - 3rd December 2015

A COUNCIL has admitted underestimating the costs associated with its new climbing tower for Nuneaton and Bedworth - but stress that it will bring huge benefits to the health of people in the borough.

Councillor Ian Lloyd, cabinet member for arts and leisure at Nuneaton and Bedworth Borough Council, confessed that they did not realise the true costs associated with buying and training staff to use the new climbing tower.

He faced a barrage of questions about the extra costs needed to train staff to use the new piece of equipment, as well as the council's handling of the situation.

But he was quick to stress the health benefits that the local authority hopes that £40,000 investment in the mobile climbing tower will bring.

Read more: <http://www.nuneaton-news.co.uk/High-hopes-council-s-costly-climbing-tower/story-28293348-detail/story.html#ixzz42aUIslc2>

#### Improved Nuneaton sporting facilities receive a civic seal of approval - 6 November 2015

A CIVIC seal of approval has been given to some new facilities in Nuneaton.

As reported in the News, Etone Sports Centre now boasts a refurbished multi-sports pitch.

The centre, managed by Everyone Active on behalf of Nuneaton and Bedworth Borough Council, has received a visit from the mayor councillor Barry Longden to give the new kit the once over.

The £137,626 refurbishment project was procured through Nottinghamshire Sport which worked closely with England Hockey, England and Wales Cricket Board and Sport England to provide this top quality synthetic playing surface.

The existing pitch was repaired and under-surface shock pads replaced before the new synthetic grass surface was fitted.

The hard-wearing, sand-filled turf surface is ideal for hockey and football training and casual match play for a wide range of sports. It can be used all year round and members of Etone Sports Centre and local sports clubs will be invited to use this facility. It is expected to last between ten and 15 years, making this a sound investment for the immediate future.

Read more: <http://www.nuneaton-news.co.uk/Improved-sporting-facilities-receive-civic-seal/story-28127611-detail/story.html#ixzz42aVszXR0>




#### Cricket Celebrated at Annual Fun Day – 20<sup>th</sup> October 2015

THE BOROUGH'S first citizen met with cricket stars of tomorrow as he opened a special event in Nuneaton.

The Nuneaton Abbey Cricket Club's first Annual Fun Day has taken place at Etone Sports Centre.

The Mayor of Nuneaton and Bedworth, councillor Barry Longden, opened the event and was able to meet a host of talented young cricketers from the area.

The event celebrated cricket as well as the hard work put in by everyone at the community sports club.

Cllr Longden said: "I am so pleased to open the first Annual Fun Day for the Nuneaton Abbey Cricket Club.

"The borough council is committed to improving the health and well-being of residents and it's wonderful that the club is promoting active lifestyles in such a fun way."

Nuneaton Abbey Cricket Club was founded in August by two local cricketers, Qamar Khan and Shabbir Esmail, who were determined to find a way to develop local talent to produce the district, county and national cricketers of the future and to encourage local youngsters to lead a healthier, more active lifestyle.

They targeted their efforts on the wards of Abbey and Wembrook, seeking out families and their children who have not previously participated in club sports, especially cricket.

The latest coaching methods are being used as well as state-of-the-art equipment. Now with an impressive 48 members, the club aims to run cricket teams for under sevens, under 11s, under 13s and under 15s for the 2016 cricket season.

Read more: <http://www.nuneaton-news.co.uk/Cricket-celebrated-annual-fun-day/story-28027403-detail/story.html#ixzz3pHdBfMSi>

#### Cricket Stars of tomorrow – 20<sup>th</sup> October 2015

The Mayor, Cllr Barry Longden, met a host of talented young cricketers when he opened Nuneaton Abbey Cricket Club's first Annual Fun Day event.

The event, which took place on Sunday 18th October at Etone Sports Centre, was a true celebration of cricket and testament to the vision, hard work and dedication of the founders and members of this community sports club.

Nuneaton Abbey Cricket Club was founded in August this year by two local cricketers, Qamar Khan and Shabbir Esmail, who were determined to find a way to develop local talent to produce the district, county and national cricketers of the future and to encourage local youngsters to lead a healthier, more active lifestyle. They targeted their efforts on the wards of Abbey and Wembrook, seeking out families and their children who have not previously participated in club sports, especially cricket. Fathers who played cricket at school are being encouraged to return and mothers are invited to join the Women's and Girls groups.

Read More

[https://www.nuneatonandbedworth.gov.uk/news/article/677/cricket\\_stars\\_of\\_tomorrow](https://www.nuneatonandbedworth.gov.uk/news/article/677/cricket_stars_of_tomorrow)

#### Nuneaton residents enjoy community day

A SPECIAL day has been written in to the history books at a Nuneaton primary school. Not only is the new all-weather 3G pitch at Wembrook Primary School now opened - the first person to officially kick a ball was a member of the historic England Women's team - Laura Bassett.

She was invited to open the pitch, as well as join in a 'keepy-uppy' session with the pupils and also hosted a special question and answer session. Simon Pearson, headteacher at the Avenue Road-based place of learning, said the youngsters were thrilled: "It is not every day you get the chance to meet such a positive role model - it was a very special day," he said.

"Laura did a question and answer session with the children. She spoke about how she had to work really hard to achieve the success she has had in recent years. It was only through lots of practice and support from home that she able to become an international footballer. It was a valuable lesson to the children that to succeed you have to work really hard."

"Laura had a lovely manner with the children. We hope she will be able to return at some stage and see how our girls football team are getting on,"

Following the VIP visit, the school carried on the celebrations with a mini football completion and parents were invited to watch. Play rangers also set up stalls and the school also hosted a Macmillan coffee afternoon.

The state of the art MUGA pitch (Multi Use Games Area) will be used by school pupils as well as the local community at night.

"We are incredibly proud of our latest addition," Mr Pearson said.

"The project has taken over three years to plan and has been completely financed by the school. We believe we are one of the first primary schools in the country to have such a facility and believe it indicative of the forward thinking school that we are."

"The planning process was not very easy but I would like to thank the Nuneaton and Bedworth Borough Council and especially their sports development manager, Kevin Hollis who supported the school throughout the build.

"At Wembrook Primary, sport has a high profile and we hope this multi-use pitch, which can be used throughout the year, will inspire our children to get involved in even more sporting activities."

Dr John Evans, chair of governors, added: "The governing body and the school are very proud of this pitch. We are committed to provide all pupils at Wembrook with a premiership level of education and with this pitch we hope we might just produce some premiership footballers as well!"

Read more: <http://www.nuneaton-news.co.uk/Pitch-perfect-day-celebrated-school/story-27868415-detail/story.html#ixzz3n6x8st2g>

#### Nuneaton residents enjoy community day

SCORES of residents descended on a Nuneaton community centre to enjoy a fun day for all the family. A fun day has been held at Stockingford Community Centre. The event was organised by Nuneaton and Bedworth Borough Council's Sport Development Team in partnership with the Nuneaton and Bedworth Healthy Living Network. People could enjoy sports and games, a bouncy castle and inflatable slide and facepainting.

There was also health checks and fire safety advice on offer. Members of the Tea and Chat Club also provided delicious cream teas for people to enjoy and held a tombola.

A spokesperson for Nuneaton and Bedworth Borough Council said: "Nuneaton and Bedworth Borough Council's Sport Development Team in partnership with the Nuneaton and Bedworth Healthy Living Network spent Tuesday on Vale View fields, for the Stockingford Community Fun Day.

"They had a few autumn showers but that didn't put a dampener of what proved to be a fun packed day, with games ranging from archery all the way to stilt walking. This was a completely free event that was held to encourage people into getting more active."

Veronica Orton, who runs the Tea and Chat Club, added: "The day went very well. We had quite a few people come into the centre and our cream teas and tombola made £83. This will be divided between some of the groups at the centre."

A number of groups meet regularly at the community centre. Tea and Chat is held once a fortnight on Tuesdays from 1.30pm to 3pm. It welcomes anyone who fancies a tea or coffee with biscuits and cake to chat among friends from the local area. Admission is £2. A keep fit class is also held at the centre on Fridays from 10am to 10.45am and is also priced at £2.

Read more: <http://www.nuneaton-news.co.uk/Residents-enjoy-community-day/story-27730940-detail/story.html#ixzz3n6uuRBMS>

## Fun day set to be held in the 'Ford

A GIANT family fun day first is being held in the heart of a Nuneaton community.

'Stockingford Community Fun Day' is being held at the Stockingford Community Centre in Haunchwood Road and surrounding green space at Vale View. It is the brainchild of members of Nuneaton and Bedworth Borough Council's sport development team in partnership with the Nuneaton and Bedworth Healthy Living Network. They were keen to organise an afternoon of fun activities for the whole community to join in with.

A jam-packed programme of things to do has been lined-up including volleyball, tennis, mini health checks, free food tasting stand, Weight Busters interactive stall, face painting, community games competition, and inflatables.

Coventry United Ladies football players will also be on hand to provide games and coaching sessions.

A spokesperson said: "This is a completely free, fun and welcoming event that is held to encourage people into getting more active. "The team's aim is to increase the residents awareness of the activities that are already taking place in their local area, provide taster sessions of what is available and encourage the community to get involved in leading a healthy lifestyle.

"Everybody is welcome to come along and enjoy themselves on the day no matter what age you are."

Councillor Ian Lloyd, cabinet member for arts and leisure at the Town Hall, added: "The whole community can get involved. Go along and take part in activities you've always wanted to try, never tried or ones you love, this is a great opportunity to get active and meet people."

The event will run from 1.30pm until 4.30pm, and all under 8s must be accompanied by an adult/guardian.

Inside Stockingford Community Centre, the regular Tea and Chat Club will be taking place from 1.30pm to 3pm.

It welcomes anyone who fancies a drink with biscuits and cake to chat among friends from the local area and admission is £2.

There will also be cream teas and cups of coffee being served up to keep everyone at the Community Fun Day refreshed.

Anyone who would like more information about the fun day or a chance to get involved should contact Sarah Westlake, event organiser, on 024 7637 6103 or email [sarah.westlake@nuneatonandbedworth.gov.uk](mailto:sarah.westlake@nuneatonandbedworth.gov.uk)

Read more: <http://www.nuneaton-news.co.uk/Fun-day-set-held-Ford/story-27674078-detail/story.html#ixzz3n6td1OWY>

### Bedworth fitness-boosting fun for students

A FUN-filled day was enjoyed by pupils at five schools before the bell rang for a seven week breather over the summer.

Bedworth United's Oval ground was the venue for an annual 'Get Active Day' run by Nuneaton and Bedworth Borough Council's Sports Development Team.

Year 6 students, staff, parents and guardians from the primary schools took part in the action-packed day.

The aim of the event was to encourage young people and families to get active and keep active. There was a variety of sports to try including a climbing wall, archery, tennis, tri golf, BMX track, rugby, hockey, boxing along with play activities and each school entered a team into 'Capture the Flag' and football tournaments.

Councillor Ian Lloyd, cabinet member for arts and leisure at the Town Hall, said: "The day promotes a message about health and the positive effects of activity, but it is also an opportunity for young people to have fun and make friendships that will continue into the sometimes difficult transition to senior school."

The event was supported by Nuneaton Archers, Nuneaton Hockey Club, Keresley Rugby Club, Chiemeka at Community Sport and Coventry United Ladies Football Club, who all gave up their time voluntarily to provide taster coaching sessions and games throughout the day.

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

Read more: <http://www.nuneaton-news.co.uk/Fitness-boosting-fun-students/story-27477048-detail/story.html#ixzz3n6t1KNUE>

### BHF Fun Run 2015 Money Raised – Update July 15

The Run for your Heart 2015 for the British Heart Foundation has raised a total of £5277 which is the most money raised ever. . The event which was organised by the Sport Development Team attracted 177 runners on the day that completed the 5km course around Riversley Park Nuneaton.

### Borough council sets its sights high on providing more sports activities – 19<sup>th</sup> June 2015

A **NEW** sporting craze is set to hit Nuneaton and Bedworth as Town Hall chiefs set their sights on providing new activities very high.

Nuneaton and Bedworth Borough Council is set to buy its own mobile climbing tower.

Members of the Town Hall's sporting development team will then take the climbing tower out into communities to give youngsters and adults the chance to try out the sport.

It will also be seen at community events, in the town centres and at community hubs.

The local authority also plans to hire out the facility to help recover its £39,500 costs.

Councillor Ian Lloyd, cabinet member for arts and leisure, explained that the council has a number of commitments to help improve the quality of life for residents and provide them with a variety of **opportunities** to take part in physical activities - and the mobile climbing tower will help with those aims.

"This is a new, exciting tool to engage with local people, supporting breaking down barriers of traditional leisure activities," Cllr Lloyd said.

"It will also allow all residents of the borough to benefit from this in their own patch, all we need is a hard-standing. It has the ability to be hired out."

Read more: <http://www.nuneaton-news.co.uk/Council-sets-sights-high-providing-sports/story-26723751-detail/story.html#ixzz3g8YI0cYi>

#### Ladies' exercise classes on offer across Nuneaton and Bedworth – 6<sup>th</sup> June 2015

WOMEN across Nuneaton and Bedworth are being encouraged to take part in pre and post-natal exercise classes.

Pre and post-natal circuit fitness classes are now being held across the borough - including the latest sessions to be launched at St Michael's Children's Centre, in Bedworth.

The Maternal Community Exercise Referral Scheme, provided by Nuneaton and Bedworth Borough Council's Sports Development Team and supported by Coventry, Solihull and Warwickshire Sports Partnership (CSW Sport), is a 12-week programme of activities specific to the individual.

The sessions combine cardio, weights and stability ball exercises to help women stay physically **active** and improve their health during and after pregnancy.

Instructor Hannah Wischhusen said schemes such as the Maternity Community Exercise Referral are **helping** to increase awareness of activities available to women and hopes it will help to attract more participants to get involved.

She said: "What we are aiming to do is to try and get pregnant ladies and women who have had a baby into exercise.

"I'm trying to make them aware that they can take part in exercise and fitness classes both before and during pregnancy because there is still often a lot of stigma attached."

Charlotte Ball has two young children aged 13 months and five months and attended the pre and post-natal circuit fitness class for the first time.

"I was looking for some decent cheap exercise classes and I like the centre here – it is very friendly. Forty five minute classes are ideal as it's good for childcare arrangements," she said.

"It's really useful because doing exercise before you have a baby helps during the labour because you have more muscle tone which can help to have an easier time and it helps afterwards as well because you want some exercise you can do around having your babies and it also lifts your mood as well."

Read more: <http://www.nuneaton-news.co.uk/Ladies-exercise-classes-offer-borough/story-26643148-detail/story.html#ixzz3g8WMs51N>

#### Cricket: Bedworth gain from £75,000 grant

BEDWORTH Cricket Club have been given a £75,000 grant to develop their pavilion.

The club is among 148 local sports projects to secure a share of £10 million of National Lottery funding from Sport England's Inspired Facilities fund.

Since 2011, Inspired Facilities has been helping breathe new life into tired community sports facilities and converting existing buildings into venues suitable for grassroots sport. Bedworth Cricket Club are one of those to benefit as they have received £75,000 towards the first phase of refurbishment and development of the Johnson Pavilion at the Miners Welfare Park in Bedworth.

Sport England Property Director, Charles Johnston, said: "The Inspired Facilities Fund has had a huge impact on grassroots sport across the country.

"Since 2011, we've invested £94 million into more than 1,800 projects to improve and refurbish sports clubs and transform non-sporting venues into vibrant community sports clubs.

"It's great to see Bedworth Cricket Club join the long list of successful clubs who have benefited from this fund."

Bedworth Cricket Club Chairman, Kevin Edgar said: "This is the culmination of some considerable hard work by the project team, and in particular its lead, John Nelmes.

"We now have to work even harder to deliver Phase One of our ambitious development.

"The club and the local community will rally round the team to realise our ambition, we are delighted to receive this award from Sport England."

John Nelmes, who is the Project Director added: "Both The Nuneaton and Bedworth Borough and Warwickshire County Council have been a great support to the team in developing the bid."

Many more communities are set to benefit from the hugely popular fund with the latest round of the Inspired Facilities now open.

Community and voluntary organisations, councils and schools can bid for a share of £20 million to help upgrade their facilities that can be unattractive, expensive to run and difficult to maintain.

And to convert existing non-sporting buildings into venues that are suitable for grassroots sport.

Applying for funding has never been easier.

Based on feedback from previous applicants, the Inspired Facilities Fund is now an open programme which means projects can submit applications as soon as they are ready rather than being restricted by a specific deadline.

To find out more and bid, visit [www.sportengland.org/inspiredfacilities](http://www.sportengland.org/inspiredfacilities).

Read more: <http://www.nuneaton-news.co.uk/Bedworth-gain-pound-75-000-grant/story-26583599-detail/story.html#ixzz3g8iaQvOZ>

### **Community fun day in Nuneaton – 2<sup>nd</sup> May 2015**

AN ACTION-packed day full of activities and fun is promised for all the family to enjoy. Nuneaton and Bedworth Borough Council's sports development team is [hosting](#) the Wem Brook Community Fun Day and everyone is invited to go along.

The event is set to take place on Saturday, May 16 in Knebley Crescent, Nuneaton between 11am and 2pm.

An array of events will be going ahead for the community to try including bike track – with bikes supplied, Nordic walking, community games which people can enter a team of four to take [part](#) in, sports taster sessions such as volleyball, tri golf and archery.

But that is not all as there is also health checks, a bouncy castle, face painting, planting sessions and well-being advice about tenancy and finance

The event is also well supported by local clubs such as Coventry City Football Ladies football players who are giving their time to provide coaching sessions and games throughout the day and the Northern Warwickshire School Sports Partnership providing cycle training activities

Councillor Ian Lloyd, cabinet member for arts and leisure, said: "The [aim](#) of the event is to encourage the community to get active and keep active.  
"There promises to be something for everyone.

"As well as giving out a serious message about health and the positive effects of activity [it](#) is also an opportunity to have fun, try new things and find out more about what is available in the local community, like coming along to the local get active hub, joining a club or becoming a volunteer"  
For further information or an opportunity to be involved contact the event organiser on 024 7637 6103 or email [sarah.westlake@nuneatonandbedworth.gov.uk](mailto:sarah.westlake@nuneatonandbedworth.gov.uk)

Read more: <http://www.nuneaton-news.co.uk/Community-fun-day-Nuneaton/story-26430496-detail/story.html#ixzz3agldumm0>

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### **Nuneaton primary school pupils prepare to 'Get Active' – 2<sup>nd</sup> May 2015**

SPORTY school pupils from across the borough are preparing to pull on their trainers and get active. Nuneaton and Bedworth Borough Council's sports development team will be holding two 'Get Active' days for youngsters across the [area](#) to enjoy.

The Nuneaton 'Get Active Day' will be held at Pingles Athletics Stadium on July 7 and the Bedworth 'Get Active Day' will be held at Bedworth United Football Club on July 9.

Year 6 pupils, staff, parents and guardians from local primary schools will be taking [part](#) in the fun-filled, action-packed days.

The initiative was launched last year with the aim of encouraging young people and families to get active and keep active.

There will be a variety of activities on offer during the days including athletics, volleyball, tennis, dodge ball, orienteering, Zumba, health MOTs, and each school will enter a team into Capture the Flag and Football tournaments.

Clubs from the area will also be showing their support, providing taster coaching sessions and games throughout the day.

Councillor Ian Lloyd, Nuneaton and Bedworth Borough Council cabinet member for arts and leisure, said: "As well as giving out a serious message about health and the positive effects of activity, it is also an opportunity for young people to have fun and make friendships that will continue into the sometimes difficult transition to [senior](#) school.

"Parents can [find out](#) more about what is available for them in the community, like joining a club or becoming a volunteer."

Further information about the 'Get Active Day' events can be found by contacting the event organiser by calling 024 7637 6103 or emailing [sarah.westlake@nuneatonandbedworth.gov.uk](mailto:sarah.westlake@nuneatonandbedworth.gov.uk)  
Sports clubs who would like to get involved are also asked to get in touch to find out more.

Read more: <http://www.nuneaton-news.co.uk/Primary-school-pupils-prepare-Active/story-26419178-detail/story.html#ixzz3aglcELlj>

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### **A third hub of the initiative 'Get Active Hubz' has been successfully launched by the Sport Development Team – 27 April 2015**

Sessions commenced on 2nd April 2015 which saw a number of families taking part in sports and games such as archery, new age kurling and table tennis.

The 'Get Active Hub' will run every Thursday from 3.30pm - 4.30pm at Stockingford Children's Centre,

St Pauls Road, Nuneaton.

It's free and activities will include a variety of non traditional sports and games such as archery, volleyball, tri golf, as well as more traditional sports. Other activities will include gardening, growing food, nutrition information and advice. Free health checks are also available.

Anyone and everyone can take part. It doesn't matter how young or old you are. Although under 8s will need to be accompanied by a parent/guardian.

"The whole community can get involved. Go along and take part in activities you've always wanted to try, never tried or ones you love. This is a great opportunity to get active and meet people"  
Cllr Ian Lloyd, portfolio holder for Art and Leisure

This initiative will link in with local clubs and other partners to provide a programme of activities for the community to participate in.

Find out more about getting active in Nuneaton and Bedworth by following @NBActive4Life on Twitter.

### **Primary schools prepare to compete at Get Active Day – 27 April 2015**

Nuneaton 'Get Active Day' on Tuesday 7th July 2015 at the Pingles Athletics Stadium and Bedworth 'Get Active Day' on Thursday 9th July 2015 at Bedworth United Football Club.

Hosted by the Sport Development Team, Year 6 pupils, staff, parents and guardians from local primary schools will be taking part in what promises to be fun filled, action packed days.

The aim of the events is to encourage young people and families to get active and keep active. There will be a variety of activities on offer such as athletics, volleyball, tennis, dodge ball, orienteering, Zumba, Health MOTs, and each school will enter a team into Capture the Flag and Football tournaments.

There promises to be something for all the family. The events are also well supported by local clubs who are giving up their time to provide taster coaching sessions and games throughout the day. Contact your school to see if they are taking part. "As well as giving out a serious message about health and the positive effects of activity it is also an opportunity for young people to have fun and make friendships that will continue into the sometimes difficult transition to senior school, whilst parents can find out more about what is available for them in the community, like joining a club or becoming a volunteer." Cllr Ian Lloyd, portfolio holder for Arts and Leisure

For further information or for an opportunity for your Sports Club to be involved please contact the event organiser on 024 7637 6103 or email [sarah.westlake@nuneatonandbedworth.gov.uk](mailto:sarah.westlake@nuneatonandbedworth.gov.uk)

### **New Active 4 Life Community Activity Classes – 27 April 2015**

Our Sports Development Team is offering a range of health & fitness classes at suitable times and affordable rates.

These classes are designed to help improve physical activity levels and decrease health related issues within the borough.

Classes ready to start in May include :-

- Buggy Circuit
- Tai chi
- Stability ball,
- seated exercise
- Baby and Me Fitness
- Kettlebells
- Bowls
- Respiratory Rehab
- Pilates / Supple Strength

- Bootcamp & Family Bootcamp
- Hitt
- Zumba

and more planned to start later in the year.

Classes are currently held at local Community Centres, Children's Centre and at Nuneaton Harriers Running Club.

"We are proud to announce the Council's new range of community health classes that are now available for residents to access. These new sessions will complement our existing support for Exercise Referral based at leisure facilities with access to gyms and swimming. We recognise that not all residents wish to attend leisure facilities in the first instance and these community classes provide the ability to commence your first steps into increasing your physical activity levels."

Cllr Ian Lloyd, portfolio holder for Arts and Leisure

A timetable is available to view on our website

[www.nuneatonandbedworth.gov.uk/info/200457/programme\\_and\\_activities](http://www.nuneatonandbedworth.gov.uk/info/200457/programme_and_activities)

These classes are strongly linked with the Exercise Referral Scheme. To find out if you qualify for the scheme to receive further assistance and support please visit [www.cswsport.org.uk/get-active/exercise-referral](http://www.cswsport.org.uk/get-active/exercise-referral)

If you do qualify for the Exercise Referral Scheme please speak to your local health professional and ask them to refer you to the Exercise Referral Scheme Community Classes. Once we receive your form we will invite you to an initial consultation where we will find out what you would like to achieve, complete a fitness test and provide you with a list of all the classes available to you.

"This is a great opportunity for local residents to try something new in community settings at an affordable price and look to start their path to improving their health and well-being".

Cllr Neil Philips, portfolio holder for Health and Environment

### **Nuneaton residents run for their hearts**

SCORES of people pulled on their running shoes as part of an annual event in Nuneaton.

A total of 177 residents took part in this year's Run for your Heart.

The event was held in aid of the British Heart Foundation, with people running or walking the five kilometre course to help raise more than £2,000 for the good cause. The route traced the footpaths around Riversley Park, from the Pingles Leisure Centre to the museum's sunken gardens, over the two bridges of the River Anker and returning to the Pingles Athletics track. Participants then finished with an 800 metre run around the home of the Nuneaton Harriers Athletic Club.

The yearly event is organised by Nuneaton and Bedworth Borough Council.

A spokesperson for the local authority said: "With Nuneaton and Bedworth Borough Council previously pledging its support as a Heart Town, it continues to provide opportunities and local activities to encourage more people to increase their physical activity levels and help to improve people's health and well-being.

Last Sunday saw 177 registered people taking part in the run/walk on a lovely spring morning through Nuneaton's Riversley Park.

"Feedback from runners was that the event was a great success and helped them motivate themselves to increasing their physical activity levels and use the fun run as a challenge to complete the course.

"Several runners and walkers were very supportive of the British Heart Foundation. To date £2,292.04 has been raised from the event, with further sponsored monies to be collected and totalled." Money raised from this year's event will support the BHF Mending Broken Hearts Appeal.

The aim of this appeal is to fund a programme of ground breaking research to see if scientists can

learn how to teach the heart to 'heal itself by repairing or replacing damaged or dead heart tissue with new, healthy functioning heart tissue to prevent and more successfully treat heart failure.

The spokesperson added: "The event was very well supported by several key partners, without such the event would not have been delivered. These include Nuneaton Harriers Athletics Club, Nuneaton Sea Cadets, Everyone Active, Kids Run Free, Warwickshire Public Health, Warwickshire North Clinical Commissioning Group and the British Heart Foundation."

Read more: <http://www.nuneaton-news.co.uk/Residents-run-hearts/story-26367601-detail/story.html#ixzz3Yaq79MVP>

### **Pitch perfect plan as Wembrook Primary is given the green light – 16 April 2015**

A NUNEATON primary school will be the first in Warwickshire to play home to an all-weather sports pitch.

Not only will the facility be used by the pupils at Wembrook Primary School, but also the wider [community](#).

According to Nuneaton and Bedworth Borough Council's website the plan for the special astro-turf pitch has been given conditional planning permission. The small sided artificial grassed football/hockey facility on the school grounds will be used by the school's 680 pupils to continue to support and enhance sport and physical education.

It will also be made available for community use from Monday to Sunday.

The council's sports development team will be looking to utilise the facility to help improve health and fitness levels of residents in the surrounding area.

It is also hoped that sporting clubs that use the nearby Pingles Leisure Centre may also use the facilities.

There will be floodlights so that the facility can still be used in the evenings and in the winter months. Simon Pearson, the headteacher for Wembrook Primary School, previously told the News that the vision for the new pitch has been four years in the making and that they hope it will be a facility to benefit the entire community.

Read more: <http://www.nuneaton-news.co.uk/Pitch-perfect-plan-given-green-light/story-26331732-detail/story.html#ixzz3XSAIINDJ>

### **Improvement to Trio Borough Park Area's - 17th February 2015**

IMPROVEMENTS are to be made to a trio of parks in Nuneaton and Bedworth to encourage more people to get out in the open.

Residents living near Bailey Park in Bedworth and Whittleford in Nuneaton will benefit from a new, marked out, measured mile and signage; with those who use Pool Bank recreation ground set to benefit from new benches, bins, trees and wildflowers.

Nuneaton and Bedworth Borough Council's communities and sport development teams were awarded £13,500 to pay for the works following a successful submission to a Warwickshire County Council, Public [Health](#) Grant scheme.

It is hoped that the park improvements will encourage people nearby to make more use of their parks and surrounding areas, and get them more [active](#) and benefiting from improved wellbeing.

Read more: <http://www.nuneaton-news.co.uk/Improvements-trio-park-areas/story-26038833-detail/story.html#ixzz3SYrsMiCw>

### **Healthy Heart Month Cycle Challenge – February 2015**

The Sports Development Team undertook a charity cycle ride in the Town Hall which entailed cycling from Land Ends to John O'Groats. NBBC members and employees were encouraged to take part and

cycle for 30 minutes to help reach the goal. A large number of staff took part and we were successful in reaching our goal. We also raised money for the British Heart Foundation to support the Heart Town status and around £80 was raised. An article was printed in the local press which can be view as follows.

<http://www.nuneaton-news.co.uk/Big-hearted-Nuneaton-Bedworth-council-staff-rise/story-26009331-detail/story.html>

#### **Sportivate Funding Secured – February 2015**

The Sports Development Team have applied for funding from the Coventry Solihull and Warwickshire (CSW) Sport Sportivate Fund for a range of exercise classes targeted at women and girls, as well as those with young children. A total of seven projects were submitted to allow delivery of exercise classes in the local community. Funding of just under £7,000 has been secured to deliver these activities which will be co-ordinated by the Health & Recreation Co-Ordinator. More information to be promoted once venues and sessions have been detailed within local communities.

#### **December 2014**

Nuneaton Archery club (St Nicolas Ward) and Nuneaton Bowling Club (St Nicolas Ward) have been both been successful in securing funding from Sport England Inspired Facilities Fund. The Archery Club received funding of £69,000 for the cost of developing a new archery facility in the borough. The Bowling club were awarded £29,000 for the replacement of their roof to allow the club to continue their development for the future.

<http://www.nuneaton-news.co.uk/Clubs-target-funding-success-thanks-sports-grant/story-23859452-detail/story.html>

#### **Walking Scheme Accredited – November 2014**

Nuneaton and Bedworth Walking 4 Life Scheme has been officially recognised by Walking for Health and awarded national accreditation for its local walking scheme. The accreditation endorses the quality of experience and support that walkers can expect when taking part in one of the scheme's ten weekly walks. A copy of a recent media article is attached available on the following link.

<http://www.nuneaton-news.co.uk/Walking-scheme-given-recognition/story-24553733-detail/story.html>