

## **MANAGEMENT REPORT**

## **APPENDIX III**

### **Summary of the annual Sports Development operations and delivery between 1<sup>st</sup> April 2017 and 31<sup>st</sup> March 2018**

#### **Sports Awards**

Active4Today Sports Development ran the annual District wide Sports Awards for the eleventh year during 2017 on behalf of the District Council, in partnership with Radio Newark. With over 40 nominations, the winners were selected by a panel consisting of a wide variety of councillors, teachers, coaches and journalists. The awards were a huge success once again and were received very well by all those involved in showcasing sport, within the district of Newark and Sherwood.

The awards were presented in the first week in December. Presentations were held at a variety of venues live on Radio Newark, with Councillors Jackson, Tift and Mison in attendance to award the prizes and certificates.

#### **Tour of Britain**

The Sports Development team were involved in the planning and delivery of Stage 4 of the OVO Tour of Britain during September 2017. The event provided an opportunity to promote and raise the profile of cycling across the district. Staff were involved in recruiting and briefing the volunteer marshals both for the Newark section and liaised with parish councils to support the communities, ensuring the remote parts of the route were safe and decorated with bunting and yellow bikes! The sports development staff were also involved in the co-ordination of groups, the erection of safety barriers and the liaison with the public in key of the course.

In addition to the main event, Active4Today worked together with key partners including local clubs and British Cycling, to deliver a series of 15 events whereby around 300 riders took part in the Newark and Sherwood Festival of Cycling. Events ranged from mountain bike trails to road based, beginner sessions to competitive races. These took place across the district and it is hoped that this will become an annual festival which will continue to raise the profile of cycling and wider sport in Newark and Sherwood.

#### **Sports Forums**

Newark and Sherwood Sports Council, Southwell Sports Forum and Ollerton and Boughton Sports Forum continue to have an active voice within their respective communities. Meetings, focussed around key themes such as facilities, volunteer recruitment and funding has been arranged, with local clubs attending.

Active4Today worked alongside other local authorities, namely Bassetlaw, Mansfield and Ashfield, to coordinate a North Nottinghamshire coach education programme. Sports clubs require multiple, trained volunteers in safeguarding and first aid to maintain basic standards of quality across all sports within the community. This collaborative approach to training across borders, is a result of the excellent relationships developed by the sports development team and the trust that has been built up within the other LAs. Central venues, shared costs and improved advertising

through social media and digital technology, has assisted in making these sessions more cost effective and improved attendance significantly.

### **Workforce Pathway**

The newly developed workforce pathway has been extremely successful for Active4Today with the VISPA and work experience programmes providing excellent introductions to the sports and leisure industry.

There have been 57 new volunteers recruited during the year, with 31 volunteers currently active in a placement. This has been further strengthened by partnerships developed with Magnus Academy, Dukeries Academy and Newark Academy, with A4T supporting the delivery of a Sports Leaders UK Level 1 qualification in the Autumn Term at Newark Academy, all demonstrating the commitment to training and employment.

### **Sports Grant Aid Scheme**

The Council's sports grant aid scheme, administered by A4T, has continued to be popular with clubs in supporting their projects and these have included contributions towards open days, events, equipment and developing participation. In total, 9 applications were received, 7 were awarded a grant, with the total amount awarded being £8,307 towards a special project. There were 37 applications for up to 50% towards the cost of a coaching/officials' course, totalling £3,005 and 7 talented individuals representing at the required level were awarded a free access pass to the leisure centres for 1 year.

The grants panel meet 3 times per annum, with a final panel included in March if required. The Panel includes the Chair of the Leisure and Environment Committee, Councillor Roger Jackson, Vice Chair, Councillor Neill Mison and a representative from the opposition, Councillor Linda Tift. In addition, Councillor David Staples has attended as an observer. Officers from A4T and the Council present the applications and their recommendations based on the criteria in place. Grant information is provided to all clubs, individuals and organisations on the A4T and Council websites and officers meet regularly with clubs and forums to share successes and develop new applications, to increase the chance of an award.

### **Inclusion**

Active4Today received over £10,000 external funding for delivery of sporting activities from other partners. One project included the delivery of activities in both curriculum time and after school to use sport as a vehicle to improve behaviour and attendance from Nottinghamshire County Council School Behaviour and Attendance Partnership. Schools have identified children who would most benefit from engagement in a 6 week programme to help those children who are on the brink of juvenile crime, anti-social behaviour and are generally finding school challenging. The concept is to encourage leadership skills, team work and other benefits sport brings including improving their mental health also.

A record number of disabled adults attended the Annual Disability Sports Day on Tuesday 29<sup>th</sup> August 2017. Activities on offer were archery, badminton, table tennis, circus skills and our traditional races and welly wanging. This is a fantastic event which builds on the existing activities provided on a weekly basis by A4T for these groups. It is also a social occasion for adults within day services and residential homes to meet friends old and new.

The organisation and delivery of the Annual Boccia Schools League came to a close during May 2017, with Coddington C of E Primary being crowned the winner. This league gives children with a disability both physical and learning, the opportunity to represent their school in sport which hugely boosts their confidence. This is a great example of providing an inclusive sporting activity in a primary school setting, which has been a role which the sports development team have supported for several years.

Throughout the year, there has been a series of in house training sessions for all staff within A4T covering basic disability awareness, dementia friends, the use of specialist equipment i.e. hoists and breast feeding friendly with support from District Council officers.

### **SAFE Project**

The 3 year Sport England project SAFE (Sporting Activity for Everyone) ended on 31<sup>st</sup> December 2017 and provided activities in Blidworth, Boughton, Newark, and Ollerton. Throughout the 3 years there have been various sessions organised within Newark and Sherwood. A number of these sessions have continued beyond the project but participants have all been encouraged to take part in the existing leisure centre programmes. Over the 3 years there have been partnerships established with a variety of community groups and organisations to engage people in sport and physical activity, with the aim of changing their attitudes and behaviours around exercise behaviours, introducing physical activity, both in leisure centres and community settings, as well as in their home.

### **Exercise Development**

Chair based exercise classes across the district and based both in community settings and at leisure centres, have been introduced throughout the year and have been well received, having a huge impact physically and mentally for local residents. The classes provide safe and effective gentle exercise for over 300 people per month. These classes are a great way to get adults exercising without the fear of falling as well as improved mobility function, strength training and social inclusion. The aim is to inspire exercise for everyone, those who may encounter barriers to traditional exercise methods or typical fitness environments or are have been inactive.

The chair based exercise classes delivered throughout the district are a great opportunity for both older people and those who may suffer from the any other medical condition which may limit them in some way. The classes are a great way to help improve balance, co-ordination, muscular strength and flexibility and the team have been working in the community to promote the physical benefits of these classes which now run at Dukeries, Newark and Blidworth. Not only for those who would benefit from gentle exercise, these sessions are a social activity and offer the perfect setting to meet new people and make new friends. The success of these classes has now ensured these are self-sustaining and will continue indefinitely.

### **Falls Prevention**

The sports development team has been working closely with NCC Public Health colleagues to support the Falls Prevention pathway for older people. Training has been provided with two staff now trained to deliver 'Otago' a recognised and accredited course for fitness professionals enabling them to deliver an activity that will bridge the gap between low level chair based exercise and higher intensity aerobic activities. These sessions, co-ordinated by Everyone Health, have

begun across the County as part of a targeted referral pathway, with A4T being heavily involved to ensure N&S residents have the opportunity to take part.

### **GP Referrals**

Active4Today has continued to develop further links with new GP surgeries and physiotherapists both at the hospitals and within the community. The current GP referral programme has been expanded to take in selected surgeries in both Mansfield and Nottingham. Referrals have also been received from Everyone Health who refers clients to each of the districts leisure centres and Southwell Leisure Centre. Everyone Health also hold their weight management sessions at the district's facilities, encouraging customers through the door, with the aim of building their confidence in using a leisure centre regularly.

There were 304 referrals received for all sites including Southwell Leisure Centre Trust with 253 joining the 12 week subsidised membership scheme.

There has been an increase in members attending the Cardiac Rehab classes across all sites, with referrals now being received from GP's as well as the Specialist Cardiac nurses at Kings Mill and Newark Hospitals.

The Strokeability sessions have been further developed with additional staff being training to deliver classes during the year. Classes now run at Dukeries, Blidworth and Newark, working in partnership with Nottinghamshire County Council who has funded the equipment and training. Individuals who are recovering from a stroke and other neurological conditions are supported with the opportunity to exercise and include refreshments after the sessions, enabling them to share their experiences with each other.

### **Additional Projects with Partners**

The leisure centres are fast becoming a venue for other agencies to deliver their services out of, working together to offer the initial intervention from a health professional and then the continuation of physical activity within the fitness suites. A Chronic Back Pain group and Diabetes Awareness groups use the studio at Newark on a weekly basis, as well as a Smokefree Life worker attending all sites, supporting people to stop smoking. Everyone Health, the Nottinghamshire wide weight management scheme has continued to use Newark and started an additional session in March 2018 at the Dukeries Leisure Centre.

There have been a number of healthy lifestyles events held within schools, emphasising the importance of sport, physical activity and nutrition and the positive effects it can have on body and mind. The team have delivered fun activities demonstrating the link between physical activity and good mental health in children and young people, signposting them to the activities available in clubs, community settings and the leisure centres.

A community based class was established in Bilsthorpe with free transport provided from a local coach company, therefore giving those without transport the opportunity to attend and engage in physical activity. This session although started following funding received, is now fully financially sustainable with an external instructor delivery the activity.