

## Appendix C

### PERFORMANCE MANAGEMENT REPORT, FROM 1<sup>ST</sup> JANUARY TO 31<sup>ST</sup> MARCH 2024

#### SPORTS DEVELOPMENT UPDATE

Active4Today received 7 applications for the Young People's Mental Health Bursary. Most applications were sent through Nottinghamshire County Council's Youth Service – Youth centre teams with 2 being received from SEND leads in district based secondary schools. With only one application being received from the Children and Adolescent Mental Health Service (CAHMS) repeat contact has been made to ensure other teams within CAHMS are aware. Feedback from local schools regarding the scheme was positive, and schools have confirmed that they will ensure the details are sent to the correct contacts for future rounds.

Consultation on NSDC's Active Travel Feasibility Study is now complete. Responses to the survey were limited with approximately 600 overall responses including 153 from Newark, 55 from Southwell and 19 from Ollerton. The majority of responses indicate that residents understand the benefits of active travel, however, major road junctions (A1, Ollerton Island), provide safety concerns, with the lack of connected pathways and cycle routes being raised as the main barrier to travelling actively. There are further actions through the working group that will be tackled in the coming months.

The Sports Development team is continuing to support clubs to access S106 funding for improvements to their facilities, with Robin Hood Colts, Edwinstowe currently in the plan to receive funding towards their facilities. Other clubs applying for funding include Thoresby Sporting Trust for EV charging points, and Edwinstowe Cricket Club for permanent cricket net facilities. Support has also been provided to 10 other clubs from across the district to access Grant Aid and other funding support from Sport England and NGBs, for improvements to facilities. This broadens the club offer, to include targeted groups such as women and girls.

Active4Today attended NSDC's meeting regarding the future of football in the district alongside district-based football clubs, Nottingham Forest Community Trust, facility providers and Nottinghamshire FA. A4T took the opportunity to reconnect with local clubs and discuss future inclusion opportunities with NFCT.

#### Inclusion

A range of holiday activities were available to children, young people and families during February half term. The sports camps sessions at Newark, Dukeries and Southwell were all well attended with a total of 73 children taking part across all three sites. Additional free swims were offered to the public to enjoy as a family, or for children to enjoy with their friends. Family sports sessions gave families an opportunity to enjoy a range of racket activities. The activities were well attended at Southwell, despite the pool closure, with 12 families attending across the week, out of a possible 16 available places.

An application for the Holiday Activity and Food (HAF) scheme to run a range of sessions for families accessing means tested free school meals has now been granted. HAF activities run only at the end of full school terms and offer activities alongside a healthy meal. The next engagement period is Easter when we will be delivering HAF Sports Camp (8-13years), HAF Family Sports (all ages) and

HAF Gym and Swim (12-16 years) at both Newark Sports and Fitness Centre, and Dukeries Leisure Centre.

The Sports Development team has attended various events and held several presentations to promote the VISPA Volunteering programme. A presentation was carried out to 13 students at Minster School, who all had an interest in starting volunteering. They were all engaged in the programme, and all were sent initial sign-up forms to confirm interest. Contact has been made with PE leads at Tuxford Academy, Dukeries Academy and Magnus C of E Academy about hosting this type of presentation at their schools.

Staff attended the Magnus C of E Academy Careers Fair, which was open to all year groups, including sixth form students. Many students from various ages were engaged and were informed about VISPA by receiving information around the programme and how they can get involved. There are now 7 new volunteers interested in joining the programme. Inductions have been carried out and the volunteers will be matched with the correct placement and workplace mentor. The internal staff portal has been adapted to include the volunteers, and they have access to a series of documents around health and safety, building management and communications.

A student from Portland College has started a 6-week traineeship at Blidworth to allow them to gain valuable experience in a fitness setting. This student supports the staff within the delivery of fitness and class activities, in order to get the full benefit from this traineeship. Portland College has provided staff support for their student whilst they are volunteering. The College and student have provided positive feedback and they are enjoying this opportunity. Another placement is planned for the fitness suite at DLC in the Spring.

Conversations with 'My Sight Newark' have taken place to talk about future plans and how Active4Today could offer an opportunity to be active at NSFC. The team has attended one of their activity sessions at Howes Court to build a relationship and are in regular contact. Plans have been put in place to create resources to make the participants feel more comfortable in the centre, due to perceived barriers to entry. This has received positive feedback from the group.

A meeting was arranged with members of Reach from Newark and Southwell to talk about funding plans going forward ahead of their current multi-sport sessions ending in April. Various session options have been discussed with both groups including multi-sports and pool based fitness (aqua). Reach HQ, based in Southwell are looking to take the funding bid further and staff have offered their support with the application. Due to limited budget allocations Reach, Newark are continuing to access sessions at NSFC on a monthly basis.

From the launch of the Community Alcohol Partnership (CAP) at Newark, two follow up meetings were attended by the Sports Development Team with an action plan put in place for all partner organisations. A4T has been asked to create activity sessions in the hope of decreasing the amount of antisocial behaviour in Newark. The team suggested a Friday evening football session at Magnus all-weather pitch, partnering with the Youth Service.

The Sports Development team attended the 2023 review of the Holiday Activities and Food (HAF) programme. This meeting celebrated the previous success of the year for HAF and plans going forward for this year. The team took the information provided and worked together to put in our Easter and Summer HAF programmes. Funding has now been confirmed for both of these periods with the use of some new and exciting sessions that have been offered to improve the programme from previous years and attract a wider audience.

A4T is working in partnership with officers from local community policing teams to which they facilitated a cycle marking session at Newark Sports and Fitness Centre on 3<sup>rd</sup> January. Sessions planned at Blidworth and Southwell Leisure Centres have been rescheduled due to other policing priorities.

### **Active and healthy lifestyles**

The sports development team attended the Senior Citizens Fair alongside other community organisations from across Newark and Sherwood. Staff met with several other organisations and have made arrangements to visit their groups about physical activity, benefits of staying active and what A4T has to offer across its four sites. During the same event staff gave out 10, 3-day guest passes to people living across Newark.

Working with the Integrated Stroke Team across Newark, staff have planned some Stroke rehab sessions at Newark Sport and Fitness Centre. These sessions will be 1.5 hour sessions each week over the next 6-12 months. Staff are working closely with the Stroke team to help patients transition from the stroke rehab session into A4T gym and fitness classes where they can continue to exercise under the supervision of trained staff.

Through the campaign 'Wellbeing at Work', A4T has welcomed Elysium Healthcare onto the corporate membership scheme. Elysium Healthcare has various sites across Nottinghamshire, 4 of which have easy access to the centres. Staff continue to approach 3-5 new organisations each month, whilst continuing to engage with current partners, with Body MOTs and staff wellbeing checks planned throughout April and May.

Working with Fitness Managers, staff have created a CPD pathway for Exercise Referral Instructors to enable A4T to meet the needs/demands of the Exercise Referral Scheme. Staff have also engaged with 7 new potential referrers across the district and surrounding areas to increase the number of referrals and ultimately the number of memberships.

Staff have continued to engage with Children Centres across the district to improve the health and wellbeing of new parents. There has been a total of 45 parents engaged across the 4 centres within Newark and Sherwood, exploring sessions and activities parents are interested in and would like to access to stay active.

Staff are working closely with Musculoskeletal (MSK) Teams across the district and exploring opportunities to run additional MSK sessions in the gym at Newark Sport and Fitness Centre, as well as supporting planned MSK events in March, to promote the Exercise Referral Scheme to patients and referrers.

Staff have been engaging with walking groups and Forestry England to gather information about accessible walking routes across the district to help enable Children Centre staff, and parents, to set up buggy walks to improve inactivity amongst parents/carers.

Working with Pulmonary Rehab Services, staff planned a site visit for the Pulmonary Rehab Team to Dukeries Leisure Centre and are looking to set up gym or fitness studio sessions for respiratory patients in Ollerton.

The Sports Development team has started to engage with Rainworth Pétanque Group, with staff attending one of their training sessions. With over 80 members, staff have been able to share information about A4T facilities and memberships as well as information about club funding and training opportunities.