

Appendix 3

PERFORMANCE MANAGEMENT REPORT, FROM 1ST JULY TO 30TH SEPTEMBER 2024 SPORTS DEVELOPMENT UPDATE

Active4Today grant aid scheme received 45 applications for support from local sports clubs, coaches and individuals ahead of the grant panel meeting in July. From the 45 applications received, 44 of were awarded funding as set out below, with one kit sponsorship application withdrawn, due to receiving external funding from another source.

Grant	Description	Awarded	Sports
Talented Individual	Receive 12 months free access to an Active4Today leisure centre.	3	Karate Cycling Skydiving
Coach and Official Development	Receive 50% (upto £150 per year) towards coaching/ development courses).	28	Football Archery Running Cricket Female Referee
Club Development	Receive up to £1,000 per project, which could be towards facilities for the development of the clubs offer.	3	Football Running
Community Engagement	Receive £250 to support club events, which open the club to new members and/or celebrate the success of existing members.	2	Cricket Archery
Kit Sponsorship	Receive £400 + a banner towards the purchase of junior/ disability team kit.	8	Boccia Football Cricket Swimming Squash

The sports development team has supported 33 clubs in quarter 2 and continues to provide a range of advice, support and funding opportunities to clubs across the district. This includes funding and development support for Newark Netball Club. This club has in the past 12 months filled a gap in netball provision by offering sessions and coaching to juniors from Newark and surrounding areas. They are continuing to work with other local netball coaches to ensure a future pathway into performance and social netball at a local and regional level.

During July's Newark and Sherwood Sports Council meeting, clubs raised the issue of anti-social behaviour taking place at their facilities from low level nuisance to vandalism, destruction of facilities and traveller encampments. Clubs have suggested they would be interested in supporting diversionary activities if they are able to resource this.

Clubs in Ollerton/Boughton, Edwinstowe and Walesby have been impacted by the recent temporary pause on facility hire at Dukeries Academy. The team has been working to support local clubs through this period and will be discussing this issue with Academy Transformation Trust at a meeting during October.

This temporary closure has also impacted the Coalfield Regeneration Trust Football 5-a-side sessions, which have for the past few years attracted 50-90 local young people each week to participate in football activities on the all-weather pitch. The sports development team has instigated discussions between CRT and OTFC in the hope sessions can be facilitated at the club's home ground, which will provide volunteer pathways, increase first team support and provide an exit route into club football. CRT are also planning to combine the girls football session with that of OTFC and to provide extra resource to support these club sessions to succeed.

Active4Today were pleased to support the Newark and Sherwood Community and Sports Awards, organised by NSDC in partnership with Radio Newark. The event took place on Friday 20th September at The Renaissance, Kelham Hall. All district-based sports clubs received nomination information and NSDC received over 100 nominations across all categories.

Following the success of the Minster School group gym/mental health resilience sessions, the team has welcomed students from Magnus Academy to use the gym at NSFC. The group sessions began in early September with each participant receiving a fitness suite induction and mental health resilience workbook, designed by ShawMind. The 10 young people involved, and their teacher are actively engaged in the weekly challenges provided by the sports development and fitness apprentices.

Active4Today's Young People's Bursary scheme was reopened in July and received 29 applications from referral partners across the district. The scheme targeted young people who had been involved in the ShawMind sessions delivered in curriculum time. It is open to young people who have developed mental health and anxiety concerns and have identified that taking part in regular physical activity would be beneficial. The criteria is currently being reviewed, however initially stated that young people must be in school years 7-9 (secondary school) who are registered in a mainstream education and reside within the district. The first cohort of 7 young people in January 2024, continue to access facilities with 6 of the 7 doing so on a regular basis. A4T staff offer 'light touch' support to these young people alongside their parent/carer and referrer to support each person to lead a healthy, active life.

Active4Today's DWP Bursary scheme is open to residents of Newark, Ollerton/Boughton who are receiving support from DWP or Standguide workers, are of working age and have been out of employment for 12 or more months. The aim of the bursary is to remove the financial barrier to physical activity at Dukeries Leisure Centre, or Newark Sport and Fitness Centre, to enable a positive impact on levels of physical and mental health. This will hopefully support a positive improvement in confidence and mood and contribute towards supporting individuals back into the workplace.

Standguide are an integral partner in promoting and referring into Active4Today's DWP bursary scheme and have workers on site in our leisure centre to support residents and current members with appointment and drop in employment and training support.

The Sports Development team attended the UK Sports Development Conference at Nottingham Trent University (NTU) in September. This event was attended by a range of organisations including CIMSPA, Activity Alliance and NGBs. Links were made with a range of partners including NTU sport leads to further conversations regarding student internships/placement opportunities with Active4Today.

The sports development team has attended 16 events during the quarter which include NTU Brackenhurst Open Day in July and Freshers Fair in September, Blidworth Parish Council Summer Gala and Currys Summer Carnival, KnowYourNumbers Health and Wellbeing days, Newark College Welcome Back Event, The Food, Money and Move Course in Boughton, Tour of Britain Event, Best Years Hub Visits and Corporate Partner Events. During these events the team has engaged with 289 people, delivered activity taster sessions and gave out information on –

- Health and well-being
- GP referrals
- Specialist and inclusive sessions
- Holiday activities
- HAF session
- VISPA
- Memberships

Inclusion

Active4Today received funding to run the Holiday and Food (HAF) programme at Newark Sports and Fitness Centre and Dukeries Leisure Centre during the Summer school holidays. HAF granted funding for gym and swim, sports camps and mini first aid sessions. In addition to these sessions, funding was also received for a pilot session which was held at Magnus C of E Academy, called Active Cooks. This session was open to HAF funded places and paid places for people to book. The structure of the session was a rotation of sports on the all-weather pitch and then a cooking session in the food technology room. The sports included archery and football with coaches from local community sports clubs, Newark Castle Archers and Warriors Football Club. The cooking provision was delivered by Cook Stars who offered cooking tips and tricks for simple meals which the children could make at home.

The Active Cooks session had 15 individuals attend on the day, with 7 of these being HAF participants and 8 paid places. Overall, the event was a success and something that could be delivered again in the future.

There were 2 families that attended the family sports sessions at DLC and 7 attended the mini first aid session at NSFC. Across both sites, 62 HAF children attended the sports camps with 9 further children attending the gym and swim sessions at both sites.

There was free activity sessions offered during the summer holidays at NSFC, DLC and SLC. The sessions allowed people to take part in swimming, badminton, squash and racketball free of charge. Across all sites, the free activities engaged with 120 participants.

Advancements have been made in the review of the VISPA programme, to develop and enhance the offer at both our leisure centre sites and in community sports club settings. Meetings have taken place with coaches at community sports clubs on how they would work with A4T during the volunteer's journey, from the induction and signposting to other opportunities. More support will be provided to the volunteers in the form of a volunteer guide and promotion at events.

At the start of July, the team attended the Joseph Whitaker Careers Fair which was a great opportunity to speak to students around volunteering and the career opportunities within Active4Today. With schools returning at the start of September, contact has been made regarding

the opportunity for the team to meet with students about the volunteering scheme we offer, whether that is at events, assemblies or focus groups.

Following this promotion, the programme has received 10 applications, leading to the induction of 5 new volunteers (3 at NSFC, 1 at DLC and 1 at SLC) during this period. There are 2 of the current volunteers that have also supported the summer sports camps to provide them with further experience.

Funding was received by the Community Alcohol Partnership (CAP) to create sessions at Hawtonville Young People Centre to hopefully decrease the anti-social behaviour from young people in the area. The team was fortunate to receive the second largest amount of money in the UK from CAP for the sessions. The sessions are also in partnership with NSDC colleagues, Police, Newark Town Council, youth workers and Nottingham Forest Community Trust. Discussions are well underway with the confirmation of the sessions starting in the next quarter.

The team was a part of the Tour of Britain event which was at the start of September. A challenge on the spin bike was used to engage the children and in line with the theme of the event.

A collaboration with Inspire and NSDC Tenancy Officers occurred with Food, Money and Move sessions held at the Boughton Community Hub. The team provided activities in the 'move' part of the session for the participants. This course is for people who don't already hold a level 2 qualification in maths, for example GCSE/4 or above, or are not confident in using maths at this level.

Active and healthy lifestyles

Since July, Active4Today staff has approached 12 companies and engaged with 21 new organisations in Newark and Sherwood regarding the corporate membership scheme. After these approaches, there has been 2 successful contacts made, with one company becoming a new corporate partner.

The sports development team continue to work with current corporate partners and attended a partner event during the quarter, which is held annually for staff at Curry's and GXO Summer Carnival. Staff have also delivered a Pilates session for employees at Barcode Warehouse.

During 'Know Yours Numbers' Week, A4T staff worked alongside colleagues from NSDC to deliver 84 health and wellbeing checks with three of partners, Currys, Bakkavor and Collingham Medical Practice. The blood pressure was checked from all participants and 37% of those people, were advised to speak to a GP or healthcare professional, regarding high blood pressure results.

Working with the Specialist Neurological Physio team at Newark Hospital, staff engaged with Neurological patients with Parkinson's and Functional Neurological Disorder to help develop a Neurological class for patients to attend after discharge from the hospital services. A 'NeuroFit' session started on Tuesday 10th September, at NSFC. Numbers have been good with an average attendance of 8 so far, with 16 new people accessing NSFC facilities.

Staff have been attending the Best Years Hubs across Newark and Sherwood. Through these sessions sports development has engaged with 35 older people to talk about leisure centre facilities and session they can access.

The Active Lifestyles Officer attended the Integrating Physical Activity into Health event in Manchester. The event brought together physical activity and health partners to review what is happening and working well at a local level; consider the national picture and share updates; whilst considering how partners can better work together with a strength and asset-based approach.

The event welcomed updates from Active Partnerships, NHS Horizons and Sport England where it was evident that physical activity and its integration into healthcare systems is high on the agenda. Active4Today played an active role in the conversations around expanding exercise on referral schemes beyond the gym and how to better incorporate community-based provision and self-referral.