

Appendix 3

PERFORMANCE MANAGEMENT REPORT, FROM 1ST OCTOBER TO 31ST JANUARY 2024 SPORTS DEVELOPMENT UPDATE

Community Development

The grant aid scheme received 24 applications for support from local sports clubs, coaches and individuals. All applications were successfully awarded.

Grant	Description	Awarded	Sports
Talented Individual	Receive 12 months free access to an Active4Today leisure centre.	5	Sailing Athletics Swimming Triathlon
Coach and Official Development	Receive 50% (up to £150 per year) towards coaching/ development courses.	19	Football Cricket Women and girls Junior Referees

The team has provided a range of advice, support and funding opportunities to clubs across the district and has supported 60 clubs during this period.

The Sports Development team attended networking and development events including Active Notts 'Making our Move', Nottingham Trent University – Jobs Fair and Working Well East Midlands IPS Review. These events supported the team to engage with new volunteers, learn from projects and events in other areas of Nottinghamshire and identify new opportunities with new and existing partners.

There were 14 clubs that attended the Newark and Sherwood Sports Council AGM, which took place in November. A working group was created to develop the reach and offer of the sports council and to attract new clubs to join. The working group has met twice and is creating a group development plan for presentation at the February 2025 meeting.

There were 7 clubs that attended the Newark and Sherwood Sports Council meeting held in January. Information was presented regarding improvements to NSSC and new member benefits. A programme of events for member clubs has been formulated which includes youth engagement, club networking and training. A full NSSC relaunch event has been planned for July, for all district-based clubs to attend.

The team has been working with officers from NSDC to support:

- A new affiliated junior basketball team in Newark. Weekly sessions are now provided by a qualified coach and are running in line with NGB guidance. The group will be accessing EEM Community Cohesion funding to cover the startup costs (equipment and facility hire).
- Grove Angling Club to update risk assessments, governing documents and policies that will enable the club to welcome junior members. The club have been signposted to the Angling Trust safeguarding course and has been advised this requires

completing prior to junior members attending. SE Welfare Officer for Nottinghamshire has also been in contact with the club.

- Blidworth Miners Welfare Football Club and Cricket Club. Both clubs need funds for large scale developments, however they have struggled due to the tenure of the site they occupy. A4T officers have contacted CISWO and the Coalfield Regeneration Trust and have arranged a meeting to begin discussions regarding the level of support they can offer in January. CISWO continue to work with Blidworth Welfare to ensure formal documentation is in place, prior to discussions regarding club lease agreements.
- A renewal of the AWP enclosure at Magnus School. By working with Newark Hockey Club, Officers are hopeful that funding may be available to upgrade the current boarding and fencing. A sponsorship and funding package is being created for discussion with partners.

Other clubs provided with advice and support include Newark Swimming Club, Muskham Swimming Club, Newark R&M Cricket Club and a new Pickleball group beginning sessions at Southwell Leisure Centre from January. Sports clubs in Edwinstowe, Ollerton and Walesby have also been supported with accessible winter training facilities, and access to S106 funding. Newark Nationals Baseball Club have been supported to gain funding for a new back stop net, from the Nottinghamshire County Councillors Divisional Fund.

Magnus School's Mental Health Resilience group gym sessions have been successful, with positive reports from the lead teacher regarding the 10 attending students. Officers will support the school to source funding to enable further students to benefit from similar sessions. Information about these sessions has also been shared with Dukeries Academy and Suthers School, to encourage their participation. Currently Suthers are experiencing transport barriers.

In December, 30 students were welcomed from Newark Orchard School to Newark Sports and Fitness Centre to use the fitness suite, swimming pool, and sports hall. Many were familiar with the facilities and shared their positive experiences. Three groups will have gym sessions as part of their PE enrichment, supported by the Inclusion and Engagement officer, Sports Development, and Fitness Apprentices in January. All students have now received a fitness induction and an Active Card, so they are able to access the facilities outside of the school day. Positive feedback has been received from the school and the next step is to enable participants parents to visit NSFC, for a tour of facilities.

The Sports Development teams 'Lets Celebrate' promotion ran for 12 consecutive days on Facebook gaining 5,124 views. Posts gave concise information on all aspects of work including holiday activities, community and club support, partnerships and specialist programmes/sessions. 'RED January' took place again this year, signposting people to physical activity both in the leisure centres and community settings. The campaign, led by the Sports Development Apprentice took place on TikTok and targeted 13–24-year-olds. Levels of engagement varied across the month with an average of 692 views per post, the most popular receiving 2,326 views. A programme of grant evaluations has been created and scheduled to take place across social media platforms, to raise awareness of the Grant Aid scheme.

Active and healthy lifestyles

Active4Today received 29 applications for the recent round of the Young Persons Mental Health Bursary. There were 12 applications from across the district that successfully met the criteria and

were offered a 12-month leisure centre bursary. The Active Lifestyles Officer has supported 7 individuals with inductions and site tours, along with a parent/guardian.

During the quarter, 53 wellbeing checks were delivered to 2 corporate partners. Information was shared regarding community activities, specialist sessions and memberships. In addition, the team delivered 26 wellbeing checks for staff at Newark Beacon, sharing information including corporate membership and healthy lifestyles.

The team has attended Newark Business Club meetings, engaging with 18 new companies since October 1st, 2024. A further 10 companies from across the district have been approached to engage with corporate memberships.

MSK teams who currently run Escape Pain and B-Fit sessions in the leisure centres, have expanded the use of the facilities and are now providing exercise sessions for those with musculoskeletal conditions, within the fitness suite at Newark Sports and Fitness Centre.

Active4Today was awarded £3,000 from Parkinsons UK Physical Activity funding scheme. This funding has supported the creation of a new session at Newark Sports and Fitness Centre aimed at those with neurological conditions. The session provides an exit route from NHS sessions held at Newark Hospital and since October, due to the nature of the group, attendance numbers have been lower on some weeks, therefore more promotion is required. Members of the sports development team have completed Parkinson UK training and are delivering NeuroFit sessions at Newark Sports and Fitness Centre. Engagement with patients accessing Newark Hospital Parkinson's session has also restarted, as the latest cohort are due to complete their course in mid-February.

The Active Lifestyles Officer has attended 2 events this quarter, Blidworth Best Years Hub opening and the Festival of Creativity. Information regarding specialist sessions, leisure centre facilities and community activities were given at both events, which engaged 53 residents.

In December, the team attended the Integrated Neighbourhood Working (INW) Community of Practice meeting, at Warsop Health Hub. This was an opportunity for partners from across NHS, Health, and Leisure to come together, share best practice and identify ways of working more collaboratively across all sectors.

Mental Health Awareness training has been scheduled for February. All fitness instructors will be completing the training delivered by the Active Lifestyles Officer.

Throughout January, there were 45 GP Exercise Referrals received from partners, with a 58% uptake. Referral numbers for January are up 53% from January 2024 and referral uptake for the same month is up 106%.

Sports development staff attended the Newark and Sherwood CVS Health and Wellbeing Event, organised in partnership with Major Oak Medical Practise. Held at Edwinstowe Village Hall the Active Lifestyles Officer promoted Active4Today facilities and the exercise referral scheme. Networking took place with 6 organisations and engaged with 22 people attending the event.

Inclusion

Active4Today ran a programme of holiday activities, which saw 1,070 user visits (881 wet side/189 dry side) during the October half term and Christmas school holiday period. Activities including badminton, squash, racket ball, swimming and free activity opportunities, which took place at Southwell Leisure Centre, Dukeries Leisure Centre and Newark Sports and Fitness Centre.

There were 142 children engaged in Sports Camps across 3 sites, with participants attending Southwell Leisure Centre increasing by 50% (compared to summer), following a change of session time and sports, to include the use of the 3G pitch and fitness studio.

There were 25 participants that took part in family sports sessions and a total of 115 people accessed free swims and dry side activities including badminton, squash and racket ball, during this period at NSFC and DLC.

There were 4 volunteers that supported the holiday activity programme and swimming gala, at Newark Sports and Fitness Centre during this quarter.

During this period the team attended 5 events including mock interviews, health and wellbeing and careers days at Joseph Whitaker, Southwell Minster, Magnus and Newark Academy. Information was provided regarding the VISPA programme and workforce opportunities, with 155 students interested in joining the sport and leisure sector. There were 9 VISPA applications subsequently received, leading to the induction of 2 new volunteers.

In January, the team attended a further 2 career days and carried out 2 careers assemblies at Southwell Minster, Newark Academy and You Can Do Sport Academy. Information around employment opportunities and the VISPA programme was given to 280 students. These conversations led to 4 applications being received with 3 new volunteers being inducted into the programme. There were 7 young people from You can Do Sports, who have also expressed an interest in volunteering at the 'Footy Fun' sessions taking place at Hawtonville Young People Centre from February.

The team attended 3 partner events during the quarter including N&SCVS Winter Wellness and the Ollerton Light Switch On. Information regarding community and leisure centre activities, VISPA and a spin bike challenge was taken to events, which engaged 100 people from across the district.