

## Appendix 3

### **SHAREHOLDER COMMITTEE REPORT**

### **SPORTS DEVELOPMENT UPDATE FROM 1<sup>ST</sup> APRIL TO 31<sup>ST</sup> JULY 2025**

#### **Community Development**

The sports development team supported 52 clubs, which included Rainworth Judo Club, Clipstone Cricket Club, Edwinstowe Cricket Club, Newark Tennis Club, Newark Swimming Club, and Southwell Squash Club. Information has been provided on grants, volunteer recruitment, and local sports council initiatives. All clubs were encouraged to nominate to the Community and Sport Awards, with application support offered.

Officers are supporting Newark Swimming Club to develop a 'Club Links' programme at Dukeries Leisure Centre, designed to provide young people in Sherwood with the opportunity to transition from Active4Today's swimming programme into competitive club swimming.

Additionally, officers collaborated with Southwell Squash Club to introduce Minster School students to squash. In July, the club engaged 20 students in fun squash activities at Southwell Leisure Centre during Minster School Sports Day. Sessions were led by coaches from Southwell Squash Club who is a local professional player and Nottinghamshire Squash.

Newark and Sherwood Sports Council (NSSC) held a member event at Southwell Cricket Club in April which engaged with 12 clubs, who were infrequent attendees. Support was offered by staff and external partner organisations including Active Notts, NSDC Communities Team and Newark Youth Trust. To support the event a webpage was created with funding, training and additional club support information available for members to access. The next meeting of the Sports Council will take place in September with new promotional items in place.

Active4Today received 29 grants applications for the June panel from a range of sports clubs including Adventure Activities for All Abilities (4A's Newark), Newark Amateur Boxing Club and Ollerton Town FC.

Community Engagement	Club Development	Coach and Official Development	Talented Individual	Kit Sponsorship
3	3	10	3	10

In June the team met with the School Games Organiser to develop links between district-based school students and local sports club opportunities. This meeting also supported a closer link between Joseph Whitaker school PE team and Rainworth Judo Club.

Team members supported Collingham Tennis Club coaches in the delivery of accessible tennis sessions for students at Hope House School. This was a fantastic opportunity for the apprentice to experience inclusive tennis delivery in a sports club setting.

In June Active4Today presented information on the leisure centre and community physical activity and sport offer to NSDC 'Life Chances for Girls' working committee. This information supported members to understand the opportunities taking place for women and girls in the district alongside other partners.

The team attended 18 community events which engaged 754 people across the district. The team provided fun activities, information, advice and signposting to sport and physical activity opportunities taking place in leisure centres and community settings across the district.

Collingham Community Fair	Positively Empowered Kids	Blidworth Summer Gala	Balderton Senior Citizens Fair
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Ollerton St George's Day Celebration	Your CVS Volunteer Fair	Sherwood Avenue Park, opening	St Joseph's School Health Roadshow
Newark Brazil's Celebration Event	Nottinghamshire County Show	CVS Health and Wellbeing Summer Fair	Parkgate Academy Health Roadshow
Ollerton Boughton Community Hub, opening	Holy Trinity School Health Week	Forest View Academy Health Roadshow	Yorke Drive Summer Event

## **Active and healthy lifestyles**

During this period Active4Today recruited 8 new Exercise Referral partners, received 160 exercise referrals and supported 85 new exercise referral members. The team also received 11 care leaver referral applications, with 5 individuals taking up the 1-year membership offer. A full review of the 2024/2025 Exercise Referral Report is attached at appendix III.

Following attendance at Newark Hospital cardio sessions and a noticeable increase in referrals for cardiac rehabilitation, especially among working-age people, Active4Today introduced a new cardiac rehabilitation class at Southwell Leisure Centre. This session is scheduled for early evening to accommodate individuals who may wish to attend outside of standard working hours.

To help strengthen relationships with community partners and the delivery of Cardiac Rehab, Stroke Rehab and Cancer Rehab, the Active Lifestyles officer has joined the Nottingham and Nottinghamshire Deliverers Networks alongside Notts County Foundation and Stroke Association.

Working with corporate partners, the Active Lifestyles Officer has delivered 24 wellbeing checks, resulting in three referrals to GP practices.

Free blood pressure checks were delivered at NSFC, BLC, SLC and Boughton Community Hub in May, to raise awareness of World Hypertension Day. Overall, 33 checks were completed with 4 referrals made to GP practices. Following this, Active4Today delivered an additional session at Boughton Community Hub which engaged a further 12 individuals resulting in two referrals for further monitoring. Notably, 50% of attendees were already on blood pressure medication, indicating an increase in engagement from individuals actively managing their health.

The Active Lifestyles Officer participated in Newark Business Club meetings held in April and July, involving 12 additional companies. During these meetings, information regarding Active4Today's corporate membership scheme was provided and free 3-day passes were distributed.

The Active Lifestyles Officer attended the Newark and Sherwood Carers Roadshow and Women's Health Event at Edwinstowe House, in partnership with Your CVS and the District Council. There were 23 people engaged with information on health and wellbeing, the Active Ollerton Campaign, and local physical activity opportunities including the women's only swim at Dukeries being shared.

The team represented Active4Today at the Currys GXO Summer Carnival, engaging with 65 individuals through a fitness challenge that included prize giveaways and promoted a no-joining-fee membership offer available during and after the event. Additionally, in partnership with DWP Newark, a successful mental health and physical activity session was delivered to 21 adults, providing information on health, physical activity and the DWP Bursary.

Working collaboratively with community partners, the team engaged 10 people at the Macmillan Community Wellbeing Walk in Bilsthorpe, an extended walk aimed at strengthening community ties and raising funds for Macmillan cancer care.

## **Inclusion**

Active4Today delivered a successful holiday programme during Easter holidays and May half term at NSFC, SLC and DLC. Activities included swimming, kayaks and floats with 33 places filled. There were also badminton, squash and racket ball activities offered.

Holiday period	Number of visits					
	Free sessions	Sports Camps	Family Sports	Total wet side	Total dry side	Total visits
Easter	97	131	22	532	156	688
May Half Term	14	52	13	353	66	419

During this period, 3 community sports clubs expressed an interest in the VISPA community volunteer scheme, with 1 club advertising an opportunity for a volunteer 18 years+ with both Active4Today and Your CVS.

The Inclusion and Engagement Officer engaged with 46 individuals during Mock Interviews at Dukeries Academy and Careers Fairs at Joseph Whitaker School, to promote VISPA and VISPA Academy opportunities, this resulted in receiving 19 applications. Of these, 8 applications were specifically for supporting the 'Footy Fun' session, and 4 young people have now completed a full VISPA induction and commenced volunteering roles.

'National Volunteers Week' was celebrated on Active4Today social media platforms. VISPA volunteers shared their experiences on TikTok, responding to questions about their volunteering journey and a testimonial from a former VISPA Volunteer, who has since advanced to paid employment, was featured on Facebook. This initiative offered the public valuable insights into the VISPA scheme, detailing the benefits available and the experiences gained from volunteering with Active4Today. Posts received a great number of views as well as gathering positive feedback from the wider community.

The CAP funded 'Footy Fun' programme at Hawtonville Young Peoples Centre attracted 226 visits during this period, with participation doubling since Nottingham Forest Community Trust began coaching activities. The last session prior to summer welcomed partners from NSDC and the Fire Service. Alongside the usual coached football activities participants enjoyed a BBQ, got inside the fire engine and enjoyed a tug-of-war game with partner organisations.