

## MANAGEMENT REPORT

## APPENDIX II

### **Performance Management Report to 31<sup>st</sup> July 2018** **Sports Development update**

#### Club and Coach Development

An audit has been undertaken of all club contacts to ensure the details held are accurate. Within this communication, clubs have been reminded of the support that is available to them and this has resulted in a number of clubs expressing an interest in receiving support with different aspects of developing their club such as funding, facility improvement and Clubmark.

The team has worked with 10 clubs regarding development and support over the coming months. This includes support to Newark Castle Archers to submit a small grants application to the "Cash4Clubs scheme" for equipment. The club are looking to purchase junior archery equipment to expand their junior section.

The team has developed a sports club newsletter which will be circulated in September. This will provide useful information regarding funding, sports councils and opportunities to engage with the team on an ongoing basis.

In partnership with Notts FA, April saw the delivery of Nottinghamshire's first ever Level 1 Course designed specifically for coaches with a disability, with four coaches living in Newark. Since the course the sports development team has supported them to have the opportunity to coach in a community setting. The coaches have been linked up with Newark Town FC and in July had their first experience of coaching at the 'Girls Centre of Development'. The coaches have all signed up to the VISPA scheme and they have been supported throughout the process. One of the coaches also now volunteers at the weekly 'Disability Boccia' session at NSFC and is already very close to achieving his 'Bronze Award'.

Following a successful training session to Magnus Academy sports leaders, they will be hosting and providing the officials for the Newark and District Primary Schools Boccia League from September. From this three pupils have signed up to the VISPA scheme and are volunteering regularly at the 'Disability Boccia' sessions on Tuesday afternoons.

In this period there have been 17 new people sign up to the VISPA scheme volunteering in a number of sports including boccia, football, trampoline, swimming, assisting in the gym and athletics. These volunteering roles are being carried out at various locations both in centres and in the community supporting local sports clubs.

#### Inclusion

Support has continued to schools in providing them with structured multi sports activities for children with challenging behaviour as part of the SBAP project. During this period delivery has taken place at William Gladstone and Mount Primary in Newark, Flying High Academy in Bilsthorpe and Dukeries Academy supporting their Year 7, 8, 9 & 10 pupils who are in their 'Success Centre' – a separate unit providing part time education for students who are excluded from their mainstream lessons.

The relationship with the Dukeries Academy has continued to grow throughout the term, alongside traditional sports activities, 10 pupils have completed a gym induction at the Dukeries Leisure Centre, provided fitness based classes, circus activities and in addition arranged healthy eating sessions in partnership with Everyone Health.

Through partnership working with Newark Mind, a project with the 'Melody Caff' in Newark has started. The 'Melody Caff' provides support and timetabled activities for local people with mental health issues and physical activity. Healthy eating sessions have also been introduced with Everyone Health highlighting the benefit of a good diet to support physical and mental wellbeing.

Throughout July A4T has provided sport and physical activities at 'Young Peoples Events' in Newark, Ollerton and Bilsthorpe. This annual event was run by Nottinghamshire County Council and included a number of different attractions. Active4Today sports development delivered a number of varied activities including football, boxercise, fitness classes and gym based classes utilizing their outdoor gym equipment. This annual series of events saw over 180 young people engage in sport and physical activity. All attendees were given the opportunity to access the facilities at the leisure centres encouraging them to continue to participate in physical activity.

An application has been submitted to Active Notts for £5,000 to deliver a Satellite Club activity programme in the District to engage young people aged 14+ in sport and physical activity. Once approved, this funding will focus on 2 areas, delivering sport sessions on the enrichment programme at Newark Academy and delivering dance/fitness sessions at Ollerton and Bilsthorpe youth centres as a bolt on to the current youth service provision.

Both the Newark and Sherwood Sports Council and the Southwell Sports Forum will be hosting their AGM's in September. There are club support sessions planned to run alongside both AGM's and a survey to the clubs circulated that attend about how each forum can best support them in the future.

### Active Lifestyles

The partnership with Everyone Health continues with Everyone Health now delivering weight management group sessions in Ollerton and soon in Blidworth. Hosting the sessions at the centres helps break down barriers for those who are new to exercise or have never previously exercised, the participants are then signposted to the GP referral scheme which helps the individuals continue on their weight loss journey with the support of A4T trained instructors.

Everyone Health has also been delivering healthy eating sessions for the older adults in all centres. The informative sessions have proved to be very popular across all sites.

The 'Change your Weigh' sessions introduced in January at NSFC continue to be successful. Topics discussed include behaviour change, counting calories, portion sizes, importance of hydration, reducing fats, all of which have proved to be very popular.

The GP referrals have continued to increase with referrals continuing to be received from outside the district as well as other partners such as Everyone Health and Community Physiotherapists.

July also saw the beginning of the 'Otago' – Balance and Strength Programme for the over 55's in Southwell. Teaming up with Nottinghamshire County Council and Everyone Health training was delivered to instructors across the district. The class is aimed to reduce the risk of injury through

falls at home by helping improve their strength and balance as well as helping individuals maintain healthy, happy and more independent lives as they get older. The sessions have proved to be very popular and A4T is now looking into further sessions to meet demand.