



MANAGEMENT REPORT

Performance Management Report 1st April 2019 to 31st March 2020 Sports Development update

The team has made some excellent progress with various projects throughout the year, working in communities in the district to increase participation in sport and physical activity. The report gives an overview of some of the successful work that has taken place during 2019/20.

The team organised the annual Sports Awards presentations in December 2019, recognising the wealth of talent that are based in Newark and Sherwood. There were a number of inspirational stories shared, raising the profile of the breadth of opportunities that are available to local people.

During the year, the sports development team successfully recruited two new staff and they have made an extremely positive impact in a short time, working with existing and new partners to achieve our aim of creating more active lifestyles opportunities.

Due to the current pandemic, the sports development officers are now looking at ways to engage with clubs and volunteers on a virtual level, both through the leisure centre settings but also to engage club volunteers in club forums and groups. With the introduction of new software such as Microsoft Teams, the team will be communicating and undertaking less 'in person' meetings, however, still reaching out to a wider volume of individuals and groups.

Club and Coach Development

The team have supported club members of the Newark and Sherwood Sports Council, through a series of meetings which have identified key tasks that member clubs would like to focus. These included the production of a leaflet which provides event and session information of clubs and has been widely distributed across the district.

Club representatives on the Sports Council have also set up a Facebook page, advertising local club opportunities, sharing ideas and actively promoting the network in the local sporting community, encouraging more clubs to join.

Joint events and presentations have taken place with topics that officers feel would be of benefit to clubs in their plans. These including funding from an organisation named Koi Sports who are helping foster links between business and local grassroots clubs.

Progress with the Southwell Sports Forum has slowed a little towards the end of the year. The team are working with clubs to identify potential new officers due to the previous incumbents stepping down at the AGM in October. Clubs are able to join and attend the wider district Sports Council in the interim, whilst the team work with the local club volunteers.

The VISPA volunteering scheme continued throughout the year, with a new 'VISPA Academy' launched in January 2020. This new cohort of young volunteers have been recruited and will be given additional mentoring support and A4T will cover the cost of their introductory coaching qualifications. This, in turn, will provide a valuable step in gaining employment with the Company in the future.

Inclusion

There have been a variety of projects developed and delivered over the course of the year, with the Junior Parkrun being launched in Ollerton. This was a community wide project, now fully sustainable with volunteers co-ordinating the weekly Sunday morning 2km run, aimed at children aged 4-11 years old.

A series of football sessions for girls with a disability were held at Newark Sports and Fitness Centre from April to October. Over the year there have been 12 individuals regularly attending from local schools and community settings and they have all benefitted from taking part in both conditioned and small-sided games; with an emphasis on fun and inclusion.

A meeting with Coalfields Regeneration Trust led to a free programme planned for the New Year. This would allow access to Friday night football sessions at Dukeries Leisure Centre. This will be available to young people aged 11+. The sessions will be ongoing, led by professional coaches and at no cost to participants. Due to a slight delay and then the Covid-19 pandemic, this project has been put back to start again in September 2020.

Over the summer holidays A4T organised a series of diversionary activities in an attempt to curb anti-social behaviour at Balderton Playing Fields, Coronation Street. Sports based sessions were delivered alongside healthy eating classes by Everyone Health. Balderton Parish Council funded several of the activities and were supported by Terry Bailey, ASB Officer from NSDC, the local PCSO and Community Protection Officers. The sessions were well received, with numbers in excess of 15 per session. Feedback was very positive, with a definite drop in anti-social behaviour being recorded, over the period that the diversionary activities were held. The sessions were very well received and more were planned for 2020 however due to the pandemic have been postponed.

Active Lifestyles

There have been a number of active lifestyles activities and projects delivered which include a Health and Wellbeing event for the community at Dukeries Leisure Centre, targeting older people and people of any age with additional social, physical or mental issues; the aim was to introduce, or reintroduce people to sport or physical activity and give them information about healthy eating. Over 40 people attended aged 8 – 80, participating in activities delivered by A4T, England Netball, Nottingham Forest Community Trust and Everyone Health. Follow up actions have been put in place to try and create regular sessions, tailored to the group that attended.

The team have worked closely with students and staff at the Dukeries Academy, engaging females in sport and physical activity, who would typically not participate in any activity as part of their weekly routines. Taster sessions of Pilates, yoga, circuit training, Metafit, spinning and gym sessions were delivered and information of existing classes at the Dukeries Leisure Centre were given to the participants, to give them the opportunity to continue participating.

In January, the sports development team planned a social media campaign to highlight the national initiative 'RED' January. The campaign highlights the positive effect that physical activity has on mental health, encouraging people to be active every day of the month. There were daily social media posts sharing ideas of how and where people can be active alongside a series of inclusive 'introduction to' sessions delivered at all sites. There were a number of partners involved including local sports clubs and community groups.

Through working with a partner, Everyone Health, the team have developed additional opportunities for low level classes and activities which target older people and those with medical conditions. These include stroke survivors, falls and pulmonary rehabilitation. These have been a valuable extension to the long standing GP Referral scheme that has operated in the centres for almost 20 years.

There were 12 ladies from the Ollerton WI that took part in a Walking Netball taster session in September. A coach from England Netball coached the session, which was enjoyed by everyone that took part.